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FOCUS

ON FAMILIES

Family Life



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FOCUS ON FAMILIES
FAMILY LIFE

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Australian Statistician

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Focus on Families

Family Life

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INQUIRIES • *for further information contact Jenny Dean (06) 252 7030 or any ABS State Office.*
 • *for information about other ABS statistics and services please refer to the back page*
 of this publication.

PREFACE

This report is the last of six publications in the *Focus on Families* series. The series provides statistical information on characteristics of families and family members, and recent influences on the fabric of family life. The series has been an Australian Bureau of Statistics (ABS) contribution to the 1994 International Year of the Family.

This report explores use of time and other resources as a reflection of family circumstances and life stage. For most people, family life is their first experience of living in a community and is the basic framework for the material and emotional support essential to the well-being of family members. At the same time, how people spend their time, and who they spend their time with, is largely a function of their roles and responsibilities at different stages in their lives.

Other publications in the series cover the following topics:

- demographics and family formation;
- education and employment;
- work and family responsibilities;
- caring in families (with particular reference to older people and those with disabilities);
- income and housing.

This publication in the series draws on data from a number of sources, including the 1992 Time Use Survey, the 1993 Survey of Disability, Ageing and Carers and the 1992 Family Survey. In addition to publications, the ABS provides data and statistical assistance through a special tabulation service, data in electronic format and a statistical consultancy service. Details of published and unpublished data services are outlined in the Appendix.

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Australian Bureau of Statistics
Canberra ACT
October 1995



Focus on Families

Family Life

Main Features

Young single people

- In 1992, 93 per cent of young single people aged 15 to 19 and 71 per cent of those aged 20 to 24 lived with their families (*Table 2*).
- In 1992, over half a million young single people worked full-time and did not study. Eighty-three per cent of such people aged 15 to 19, and 69 per cent of those aged 20 to 24, lived with their families (*Figure 5*).
- On average, young single people spent 20 hours per week on labour force activities, and about 16 hours per week on education activities (*Table 3*).
- Young singles averaged four times as much time on leisure (27 hours per week) as on domestic activities (6 hours per week) (*Table 3*).
- Young singles with the heaviest labour force and education commitments averaged less time on leisure activities than their peers (*Table 7*).
- Unemployed young singles averaged 7 hours per week more on leisure (34 hours) than all young singles (27 hours) (*Table 7*).
- Young singles not living with their families spent more than twice as much time alone as those living in families (30 hours compared with 11 hours) (*Table 9*).
- Young singles not living with their families averaged 6 hours per week on social and leisure activities with family members (*Table 9*).

Single people aged 25 to 59

- In 1992, almost 1.3 million people aged 25 to 59 were not living with a partner or children. About three-quarters of these had never been married (*Table 11*).
- Of single people aged 25 to 59, most (61%) lived with other people (*Table 11*).
- Women aged 25 to 59 who lived alone spent an average of 62 hours per week with family and/or friends, compared with 54 hours per week for men of the same age who were living alone (*Table 12*).

Partners and parents

- In 1992, partners without children spent 43 hours per week on social/leisure activities compared with 33 hours for partners with children and 38 hours for lone parents (*Table 13*).
- In 1992, partners without children spent 77 per cent of their time with family, most of it alone with their partner (107 hours) (*Table 13*).
- Partners with children averaged 78 per cent of their week with family, but less than 10 per cent of this alone with their partner (*Table 13*).
- Lone parents spent 43 hours per week alone or with friends only compared with 31 hours and 33 hours for partners with and without children (*Table 13*).

- In 1992, partners and parents spent around 3 hours per week on sport and outdoor activities, and 11 to 15 hours per week watching television (*Figures 9 and 10*).
- Parents of 0 to 1 year-olds in couple families were the most likely of all partners and parents to have several episodes of sleep per day (38%) (*Figure 12*).
- In 1992, mothers whose youngest child was aged 0 to 4 spent almost half their time on parenting activities, although some of this time would usually be spent concurrently with other activities (*Table 16*).
- In 1992, a third of mothers born in non-English speaking countries used child care provided by family members. This compared with around half of mothers born in Australia or other main English speaking countries (*Table 19*).
- In 1992, more than a fifth (22%) of older women and 15 per cent of older men provided child care to children living outside the household (*Table 26*).
- Men aged 60 and over who lived alone spent 85 per cent of their time alone (142 hours per week) (*Table 29*).
- Women aged 75 and over who lived alone averaged more than twice as much time with family or friends (31 hours) as men of this age who lived alone (14 hours) (*Table 27*).
- Almost half (44%) of the social and community activities of older people were taken up visiting relatives and friends (*Table 31*).
- The majority of older people were able to go out as often as they wanted (83%), including three-quarters of those with a disability (*Table 33*).
- In 1993, the majority of older people who lived with family (94%) were able to manage on their own if the other household members had to go away for a few days (*Table 30*).
- More than 3 times the proportion of older women (37%) as older men (11%) needed assistance with transport (*Table 35*).

Older people

- More than twice as many women aged 60 and over as men in this age group lived alone (34% and 15% respectively). Fifty-six per cent of all women aged 75 and over lived alone (*Table 23*).
- Older men and women spent considerably more time on passive leisure activities (35 and 32 hours respectively) than men and women aged 15 to 59 (20 and 19 hours respectively) (*Table 24*).

Focus on Families: Family Life

This publication examines how people's use of time reflects their living arrangements, life stage and levels of social interaction. It looks at how individuals balance their family responsibilities and social circumstances, as well as their ability to make choices in undertaking activities in their daily lives.

The family features in the lives of most people. In 1992, almost nine in ten people were living with other family members (see *Australia's Families: Selected Findings*, 4418.0). Family relationships beyond household boundaries have also been shown to play an important part in the lives of many people. The family performs a number of functions for individual family members such as offering care and support, raising and socialising children, and distributing resources and wealth. As well as these functions, the family provides an important context for bonding and companionship.

Those in the wider community may also perform some of these functions. Communities and friendships may result as the by-product of family structure and circumstance, and may both enhance or replace family support. Not all expectations of care and support are fulfilled through these avenues however. An ageing population and consequent increases in the proportion of lone person households, for example, may mean that some members of communities are subject to physical, social or emotional isolation.

Many patterns of family and community life have traditionally relied on an understanding of well-defined roles and responsibilities. Since the late 1960s, social, demographic and economic changes have had substantial effects on people's activities and priorities. The changing structure and demographics of the labour force, for instance, have had an impact on patterns of child care, the availability of time to spend in leisure and social activities, as well as the length of years that young adults remain financially dependent on their parents. Such changes may mean that accepted patterns of dependence, obligation and allocation of roles are no longer relevant, or create tensions between family members.

Time is a resource available in equal quantities to everyone. How people use their time, however, reflects social and economic pressures and the constraints of family circumstances, as well as

individual preferences. People do not all have the same control over their time. Certain sections of the community face difficulties in reconciling conflicting time schedules and there are inequalities in people's access to free time. Many people in paid work are working longer hours, taking more work home, facing tighter deadlines and having fewer holidays (Kelly, 1994). Those people who cannot find paid work, on the other hand, may be denied a key source of identity, structure and purpose: they have no 'time on' to contrast with time off (Mackay, 1993).

Leisure activities and spare time contribute to the well-being of most Australians and provide a range of benefits, from relaxation and enjoyment to personal development and fulfilment. However choices about leisure and recreation are subject to the impact of various spheres of life, including paid work and family commitments (McDonald, 1993). Participation in leisure is also shaped by social characteristics such as sex, age, ethnicity and wealth.

Life stages and the nature of time use

People aged 15 and over averaged between 3 and 40 hours on combined education and labour force activities, depending on their stage of life.

The hours that people spend on different activities reflect a general trade-off between work, family and personal commitments, and social, leisure and recreational activities (OECD, 1986). People's commitments, and their use of time, change as they move between certain life stages. These life stages include youth, partnering, parenthood, separation and widowhood. People's daily activities are also influenced by their age, and who they live with, particularly if that includes children.

Each day, some time is allotted to the satisfaction of essential needs, including sleep, meals and personal hygiene. These activities can be grouped under the heading of *necessary time*. For those

Nature of time use

The activities in which people are involved each day can be classified into four categories of time use:

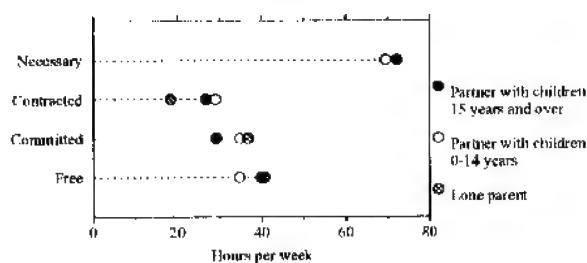
Necessary time comprises time spent sleeping, eating and/or on other forms of personal care.

Committed time comprises time spent on household activities, helping/caring for adults who are frail, sick or have a disability, and/or transporting others.

Contracted time comprises time spent on education and/or labour force activities.

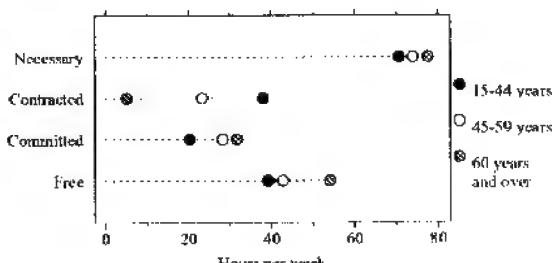
Free time comprises time spent on voluntary work activities, social life and entertainment, active leisure and/or passive leisure.

Figure 1. Partners and parents with children: average time spent by nature of time use, 1992



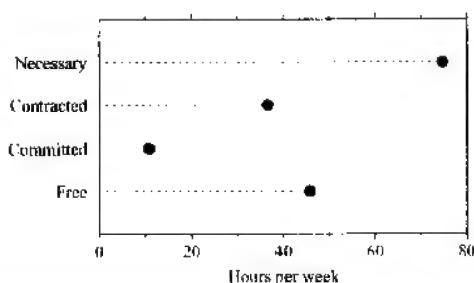
Source: Time Use Survey

Figure 2. Partners without children: average time spent by nature of time use, 1992



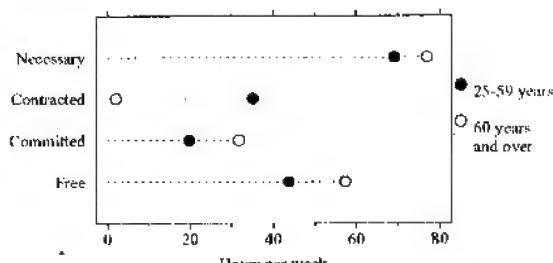
Source: Time Use Survey

Figure 3. Persons aged 15 to 24 who were neither partners nor parents: average time spent by nature of time use, 1992



Source: Time Use Survey

Figure 4. Lone persons: average time spent by nature of time use, 1992



Source: Time Use Survey

who are employed or studying, or both, a certain amount of time is **contracted time**, in order to fulfil the commitments relating to these activities. For many people, particularly those with family responsibilities, at least some of their time is **committed time**. This means their time is devoted to activities such as child care, domestic work, shopping and transporting or caring for others. Just how much time all these activities take up determines how much time is available for other activities. These other activities may include socialising, entertainment, relaxation, sport, television-watching and other forms of leisure, together referred to as **free time**.

On average, necessary time accounts for slightly less than half of people's total time. Free time generally ranks second after essential needs in the distribution of total time, with between a fifth and a third of total time spent as free time by the

population as a whole. The amount of free time people have available depends mainly on their labour force and family commitments. Time spent on these activities varies considerably across life stage groups, and for men and women.

For many partners and parents, a significant proportion of their time use is either contracted, committed, or both. Generally, women spend more time on household work and child care than men, while men are more likely to be involved full-time in the labour force. This is reflected in very different average amounts of time spent by each in contracted and committed time. When combined, however, the average amount of contracted and committed time spent by men and women is similar.

Parents have more free time and time for personal care and sleep as their children grow older. In 1992, the combined amount of contracted and

Table 1. Persons aged 15 years and over: average time spent by nature of time use by selected life stage group, 1992

Selected life stages	Males				Females				Free	Total		
	Necessary	Contracted	Committed	Free	Total	Necessary	Contracted	Committed				
- hours per week -												
- '000 -												
Partner/parent												
<i>Partner in couple without children</i>												
Age-												
15-44	69.3	44.5	15.3	38.9	502.7	71.8	31.9	24.9	39.4	533.8		
45-59	72.5	33.9	19.4	42.2	404.4	74.9	13.7	36.2	43.3	445.8		
60 and over	78.3	7.8	26.3	55.5	717.7	76.5	*1.7	37.6	52.2	631.3		
<i>Partner in couple with children</i>												
Age of youngest child-												
0-1	67.5	42.9	22.7	35.0	491.9	68.2	7.2	59.9	32.7	479.9		
2-4	68.4	45.3	21.7	32.6	376.2	69.8	12.3	51.8	34.2	390.2		
5-9	68.2	44.5	19.0	36.2	467.2	70.8	15.0	46.9	35.2	432.3		
10-14	71.4	42.5	18.7	35.5	495.4	71.9	19.7	40.1	36.3	448.4		
15 and over	72.0	35.9	20.1	40.1	745.6	72.6	17.5	38.3	39.6	740.8		
<i>Lone parent</i>	72.1	37.5	20.0	38.4	74.4	72.3	15.6	39.2	41.0	520.9		
Neither partner/parent												
<i>Aged 15-24(a)</i>	74.7	37.4	8.4	47.5	1,233.6	74.7	35.6	14.0	43.8	995.2		
<i>Living alone</i>												
Age-												
25-59	68.3	38.3	17.4	44.0	292.3	70.6	30.7	23.2	43.6	209.7		
60 and over	77.8	*5.3	28.9	56.0	177.5	76.6	*0.6	33.0	57.7	452.9		
<i>Other living arrangements</i>												
Age-												
25-59	72.4	38.6	13.2	43.7	510.0	73.1	32.2	20.0	42.7	270.6		
60 and over	87.2	**2.2	*17.4	61.2	31.3	87.1	**0.8	29.6	50.5	91.9		

(a) Comprises persons aged 15 to 24 who were neither parents nor partners.

Source: Time Use Survey

committed time spent by fathers decreased from 66 hours per week for those whose youngest child was under 1, to 56 hours per week for those whose youngest child was aged 15 and over. Most of this decrease was seen in contracted activities (from 43 to 36 hours) as men's labour force participation decreased with age. For mothers, their combined contracted and committed time decreased from 67 hours on average for those with 0 to 1 year-olds to 56 hours for those whose youngest child was 15 and over. This decrease, however, was the combined result of increased contracted time (by 11 hours) and a considerable decrease in committed time (by 22 hours). This reflects both women's increased participation in the labour force as their children grow older, and the decrease in time required to care for children as they move out of infancy, with mothers of 0 to 1 year-olds spending more hours in committed time than any other life stage group (see also *Focus on Families: Work and Family Responsibilities*, 4422.0).

Lone parents spent relatively low amounts of time on contracted and committed time, reflecting lower labour force participation among lone mothers and the older age of children generally in one parent families. For lone fathers, the total average time spent on these activities was 58 hours, fifty seven per cent of which was labour force activity. The corresponding combined time for lone mothers was 55 hours, but in this case over two-thirds (72%) of this was attributed to household and caring activities. The impact of lower labour force participation among lone mothers was also apparent in the amount of free time they had available (41 hours), which was slightly greater than that of female partners with older children (40 hours).

People who do not have children living with them, including those who live alone, with a partner only, or with other family members, generally have more free time than parents. This is because less time is spent on domestic and child care activities and, in some cases, on labour force activities. Young single people, for instance, averaged 37 hours on education and employment activities, while the time they spent on unpaid work and family commitments was low. The amount of committed time they spent was the least of any life stage group, at 11 hours. This allowed for a greater amount of free time (46 hours).

The amount of free time is even greater for older people than for young singles, as work, education and family commitments decrease. In 1992,

average hours spent in contracted and committed time by those aged 60 and over in a couple family without children (37 hours) was less than for those aged 45 to 59 (52 hours) and for those aged 15 to 44 (58 hours) — primarily because of lower labour force participation. Similar patterns existed for those who lived alone. Free time was greatest for those aged 60 and over. Older people also devoted more time to domestic activities than people of younger ages.

Depending on their labour force and family commitments, people spend between a fifth and a third of their total time as free time.

Differences in time spent by men and women across all life stages is consistent with patterns of segregation in paid and unpaid work, as well as in leisure and other 'free time' activities. Across most life stage groups, men consistently spent more time on contracted activities and less time on committed activities than women. Men generally had more leisure time than women at younger and older ages, when leisure hours were generally greater for both than at other life stages. Young single men spent 6 hours per week less on committed time than their female counterparts, and 4 hours per week more on free time, even though their contracted time each week was about the same (37 and 36 hours respectively). The divergence in hours spent on committed time by men compared with women grew greater as they aged, but for men, free time was lessened by contracted time and the effect of parenthood, until about the age of 60. At this age, men's free time was greater than at younger ages, because of lower rates of labour force participation. In the prime working and child rearing life stages men and women had very similar amounts of leisure.

The following sections of this report explore in more detail the extent to which daily activities are influenced by living arrangements, by focussing on particular life stage groups - singles, partners and parents, and older people. How family members, friends and others interact at different times in their lives is a key aspect of their time use. This interaction is termed *social context*. In the following analysis, social context may refer to passive association, where people may be together in the same household, but not necessarily undertaking the same activities together, as well as active interaction.

Young single people

In 1992, four in five single people aged 15 to 24 were living with their parent(s).

Young people face an increasingly complex transition to adulthood. They are taking longer to complete education, settle into the workforce and establish independent living arrangements. Changes in education and the labour market have meant that they are financially dependent on their parents for longer than was the case in the past. There is an increased emphasis on post-school qualifications and fewer full-time jobs available for young people. They are more likely to remain in their parents' home longer than the previous generation did and more likely to return after a period of independent living (McDonald, 1992).

Table 2. Persons aged 15 to 24 years who were neither partners nor parents: living arrangements, 1992

Living arrangements	15-19	20-24	Total
- % -			
<i>Living in a family</i>			
Living with:			
Two parents	74.5	51.2	64.4
One parent	14.4	12.5	13.6
<i>Total living in a family(a)</i>	93.3	70.8	83.5
Not living in a family(b)	6.7	29.3	16.5
<i>All persons aged 15-24 who were neither partners/parents</i>	100.0	100.0	100.0
Number ('000)	1,259.5	969.2	2,228.7

(a) Includes those living with other relatives and those of undetermined family type. (b) Comprises persons living in group households, those living alone, and unrelated individuals living in family households.

Source: Time Use Survey

Four in five people aged 15 to 24 were neither partners nor parents and most were still living with their family. In 1992, the majority of those living in a family lived with two parents (77%); a further 16 per cent lived with one parent. As part of their transition to independence some move into a group household or live alone. This pattern was more common among 20 to 24 year-olds (29%) than their younger counterparts (7%). Of those not living in families, 89 per cent lived in group

households and 11 per cent lived alone. This section focuses on the time use patterns of young single people living at home and away from home. It explores the balance between a range of activities with particular attention to education and employment.

Young singles averaged four times as much time on leisure (27 hours) as on domestic activities (6 hours).

The way young singles spend their time depends on their living arrangements and their priorities, whether they be education, employment or other activities. Students may need to rely on their families for payment of education expenses, accommodation and other support. Those living with family members may also have access to a range of other family resources which affect their time use patterns, such as unpaid work performed by other family members (e.g. cooking and housekeeping), household goods such as television, and transport. For some who are working full-time, extra financial resources may be channelled into establishing more independent living arrangements, with a subsequent change in lifestyle and time use patterns. For more information on the living arrangements, income, education and employment experiences of young people see *Focus on Families: Education and Employment* (4421.0) and *Focus on Families: Income and Housing* (4424.0).

Labour force, passive leisure, social and entertainment, and education activities dominate the lives of young single people. They spent less time on domestic, voluntary and community activities than other life stage groups such as parents and older people. In 1992, young singles spent on average 20 hours per week on labour force activities, which included paid work, overtime, job search activities and associated travel. They averaged a further 19 hours on passive leisure activities including watching television or videos, reading, and listening to music. They averaged 17 hours on social and entertainment activities, such as socialising or seeing a movie, and about 16 hours on education activities. They devoted more than four times as much time to active and passive leisure activities combined (27 hours) as they did to domestic activities (6 hours).

Table 3. Persons aged 15 to 24 years who were neither partners nor parents: average time spent on main activities by living arrangements, 1992

Main activity	15-19			20-24			15-24		
	In a family(a)	Not in a family(b)	Total	In a family(a)	Not in a family(b)	Total	In a family(a)	Not in a family(b)	Total
- hours per week -									
Labour force	11.8	18.2	12.2	29.8	33.1	30.8	18.5	29.7	20.3
Domestic	5.7	7.2	5.8	5.4	7.5	6.0	5.6	7.4	5.9
Child care	0.5	**	0.5	*0.6	**0.1	*0.5	0.6	**0.1	0.5
Purchasing	3.8	4.3	3.9	4.4	4.6	4.4	4.0	4.5	4.1
Personal care(c)	75.8	74.4	75.8	73.8	72.1	73.3	75.1	72.7	74.7
Education	22.9	*16.3	22.4	8.5	8.2	8.4	17.6	10.0	16.3
Voluntary/community	2.4	*1.8	2.3	2.6	1.7	2.3	2.5	1.7	2.3
Social life/entertainment	15.8	17.2	15.9	17.5	17.6	17.5	16.5	17.5	16.6
Active leisure	9.3	7.9	9.3	7.4	6.3	7.0	8.6	6.6	8.3
Passive leisure	19.7	20.7	19.7	17.7	16.7	17.4	18.9	17.6	18.7
All activities	168.0	168.0	168.0	168.0	168.0	168.0	168.0	168.0	168.0
All persons aged 15-24 who were neither partners/parents ('000)	1,174.7	84.4	1,259.5	685.8	283.5	969.2	1,860.5	368.3	2,228.7

(a) Comprises those living with one or two parents, with other relatives and those of undetermined family type. (b) Comprises persons living in group households, those living alone, and unrelated individuals living in family households. (c) Includes sleep.

Source: Time Use Survey

The focus of time spent on different activities changes with age. On average, 15 to 19 year-olds spent about 3 hours per week more on personal care, 2 hours more in each instance on active and passive leisure and 2 hours less on social and entertainment activities than those aged 20 to 24.

Young singles spent an average of 20 hours per week on labour force activities, and about 16 hours on education activities.

The main differences, however, relate to education and labour force activities. Fifteen to 19 year-olds devoted more time to education activities (22 hours per week on average) than to labour force activities (12 hours). For those aged 20 to 24 the emphasis was clearly on labour force activities (on average 31 hours, compared with 8 on education). These patterns reflect higher school attendance in the younger age group and the transition to full-time work as education qualifications are attained.

Among single 15 to 19 year-olds, time spent on education and labour force activities also varies by whether they live in families or not, reflecting different patterns of participation. In 1992, those living in families averaged 7 hours more on education activities and 6 hours less on labour force activities, than those not living in families. Young single people aged 20 to 24 spent similar amounts of time on education activities whether they lived with family or not, but those living in families spent on average 3 hours less per week on labour force activities than those not living in families. Patterns of time use for young single people living with two parents differed little from those living with one parent.

Paths to independence

For most young adults hopes centre on securing a job, and the education needed to achieve this. The transition from school to the adult world of employment is one of the major issues facing young people (Boss, Edwards and Pitman, 1995). Gaining employment can promote self-esteem, and a sense of identity, security and contributing to society. Conversely, young unemployed people

Table 4. Persons aged 15 to 24 years who were neither partners nor parents: student status by labour force status and proportion living in a family, 1992

Age and labour force status	Studying							
	Full-time		Part-time		Total(a)		Education	
	In a family(b)	Total in category	In a family(b)	Total in category	In a family(b)	Total in category	participation rate	Total
15-19	- % -	- '000 -	- % -	- '000 -	- % -	- '000 -	- % -	- '000 -
Employed-								
Full-time	94.3	23.0	97.3	62.2	96.5	86.3	37.5	230.1
Part-time	94.6	220.7	78.5	13.5	93.1	235.6	76.4	308.2
<i>Total employed</i>	94.6	243.7	93.9	75.7	94.0	321.9	59.8	538.3
Unemployed	93.7	109.9	100.0	18.6	94.6	128.6	58.8	218.6
<i>Total in the labour force</i>	94.3	353.7	95.1	94.4	94.2	450.4	59.5	756.9
Not in the labour force	96.7	481.2	100.0	1.5	96.7	482.7	96.0	502.6
Total aged 15-19	95.7	834.9	95.2	95.8	95.5	933.1	74.1	1,259.5
20-24								
Employed-								
Full-time	*59.8	*10.2	72.6	81.9	71.1	103.4	19.1	541.8
Part-time	69.0	78.1	63.9	26.3	68.3	106.2	60.1	176.8
<i>Total employed</i>	68.0	88.3	70.5	108.2	69.7	209.6	29.2	718.5
Unemployed	88.9	38.7	86.7	15.8	88.4	56.0	36.6	153.2
<i>Total in the labour force</i>	74.3	127.1	72.6	124.0	73.6	265.6	30.5	871.7
Not in the labour force	65.2	79.6	100.0	2.9	67.4	85.0	87.2	97.5
Total aged 20-24	70.8	206.7	73.2	126.9	72.1	350.6	36.2	969.2
15-24								
Employed-								
Full-time	83.7	33.2	83.3	144.1	82.7	189.7	24.6	771.8
Part-time	87.9	298.8	68.8	39.8	85.4	341.8	70.5	485.0
<i>Total employed</i>	87.5	332.0	80.2	183.9	84.4	531.5	42.3	1,256.8
Unemployed	92.4	148.7	93.6	34.5	92.7	184.6	49.7	371.8
<i>Total in the labour force</i>	89.0	480.7	82.3	218.4	86.6	716.0	44.0	1,628.6
Not in the labour force	92.2	560.8	100.0	4.4	92.3	567.7	94.6	600.1
All persons aged 15-24 who were neither partners/parents ('000)	90.8	1,041.5	82.6*	222.8	89.1	1,283.7	57.6	2,228.7

(a) Includes correspondence students. (b) Comprises those living with one or two parents, with other relatives and those of undetermined family type.

Source: *Time Use Survey*

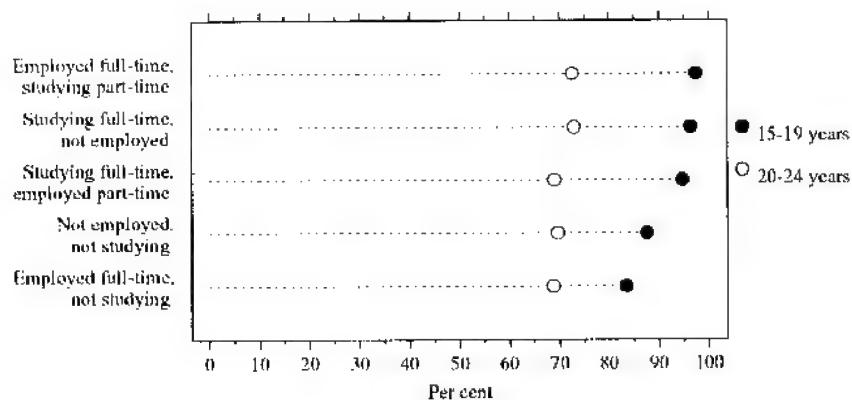
may experience difficulties acquiring skills, competence and a sense of control and autonomy. These difficulties may hamper their ability to achieve a positive transition to adulthood.

There is a change in lifestyle as young people make the transition from education to employment. Patterns of participation and time spent on education and labour force activities affect young singles' living arrangements. In 1992, 58 per cent

of young single people were engaged in education and a similar proportion (56%) were employed. Twenty-four per cent combined work and study.

The majority of single 15 to 19 year-olds were still living at home and were involved in some form of education. More than two-thirds of those aged 20 to 24 were also still living with their family. However, they were more likely to be employed than their younger counterparts.

Figure 5. Persons aged 15 to 24 years who were neither partners nor parents: proportion living in a family(a) by selected education and labour force characteristics, 1992



(a) Comprises those living with one or two parents, with other relatives or of undetermined family type.

Source: *Time Use Survey*

In 1992, over 700,000 (32%) young singles were studying full-time and not employed. The majority were aged 15 to 19 (83%) and almost all of these lived with family members (96%). A further 300,000 (13%) studied full-time and worked part-time. Again, most were 15 to 19 year-olds (74%) and almost all of these lived in a family (95%).

In 1992, over half a million young single people worked full-time and did not study. About three-quarters of these lived with their families.

The transition to full-time employment is one measure of the level of independence that young people have attained. However, most employed young singles still live at home. In 1992, over half a million young single people (26%) worked full-time and did not study. Three in four were aged 20 to 24 and of these 69 per cent lived with their family. A further 7 per cent of young singles combined full-time employment and part-time study. This group was fairly evenly divided between those aged 15 to 19 (43%) and 20 to 24 (57%); most lived at home. Over 200,000 young single people (10%) neither worked in paid

employment nor studied. This group was equally divided between both age groups and again, most lived with their family.

For young single people, differences in the patterns of time spent on education activities according to age and labour force status reflect differing participation rates in education (see Table 4). In 1992, almost all young single people not in the labour force were studying full-time (94%). This group far outweighed the others in terms of average time spent on education activities (33 hours per week). Correspondingly, those employed full-time averaged only three hours on education activities.

Of unemployed young singles, those in the younger age group were more likely to be studying. Unemployed 15 to 19 year-olds, more than half of whom were studying, spent on average 20 hours per week on education activities. In comparison, unemployed 20 to 24 year-olds devoted 9 hours to education activities, reflecting their lower overall participation.

For young single people working part-time, the pattern was similar. Those aged 15 to 19 who were employed part-time averaged 20 hours per week on education activities, while for part-time employed 20 to 24 year-olds, the number of hours spent on education had dropped to 13.

Table 5. Persons aged 15 to 24 who were neither partners nor parents: average time spent on education activities by labour force status, 1992

Labour force status	15-19	20-24	Total
- hours per week -			
Employed-			
Full-time	*4.6	2.5	3.2
Part-time	19.8	12.6	17.2
<i>Total employed</i>	13.3	5.0	8.6
Unemployed	20.3	8.8	15.6
Not in the labour force	33.1	32.6	33.0
All persons aged 15-24 who were neither partners/parents	22.4	8.4	16.3
Number ('000)	1,259.5	969.2	2,228.7

Source: Time Use Survey

Paid work, study and relaxation

Unemployed young singles averaged more time on leisure (34 hours per week) than all young singles (27 hours per week).

Social and leisure activities can foster a range of positive experiences, including relaxation, enjoyment, personal development and improved health. However, choices about which activities to participate in, and how much time to devote to them, are influenced by the other demands of daily life. Shortage of time and money, and transport difficulties may limit the leisure and recreational pursuits of young people. These factors in turn are influenced by the support they receive from parents or other relatives, particularly if they are living at home.

The activities that young single men and women devote the most time to are similar, but the balance of time spent on these activities differs. In 1992, women spent on average 2 hours per week more on education activities and 4 hours per week less on labour force activities than their male counterparts. They also averaged 5 hours less on active leisure activities and 2 hours per week more in each instance on domestic, purchasing, social and entertainment activities than young single men. These differences were observed regardless

of whether young single people were living with family members or not. The differing emphases on labour force and domestic activities by young single men and women persists across all life stages.

Table 6. Persons aged 15 to 24 years who were neither partners nor parents: average time spent on main activities, 1992

Main activity	Males	Females
- hours per week -		
Labour force	22.1	18.1
Domestic	4.7	7.3
Child care	*0.1	1.0
Purchasing	3.2	5.2
Personal care(a)	74.7	74.7
Education	15.4	17.5
Voluntary/community	2.6	2.1
Social life/entertainment	15.8	17.7
Active leisure	10.6	5.5
Passive leisure	18.6	18.8
All activities	168.0	168.0
All persons aged 15-24 who were neither partners/parents ('000)	1,233.6	995.2

(a) Includes sleep.

Source: Time Use Survey

The combination of work and study activities has an impact on the time young singles spend on social and leisure activities, eating, drinking and sleeping. Young single people who were unemployed or not in the labour force generally spent more time engaged in these activities than those who were employed.

Those who were unemployed averaged 23 hours per week on passive leisure activities. Those who were not in the labour force, spent slightly less time (21 hours) on passive leisure than their unemployed counterparts, reflecting their greater participation in education (see Table 4). By comparison, those who were employed averaged 17 hours on passive leisure.

The pattern for active leisure was similar. Unemployed young singles averaged 11 hours on active leisure, those not in the labour force 10 hours and those who were employed 7 hours per week. Those who were unemployed or not in the labour force also spent more time on average sleeping (65 and 63 hours respectively) than their employed counterparts (61 hours) and slightly more time eating and drinking (6, 7 and 5 hours, respectively). Those who were unemployed or not

Table 7. Persons aged 15 to 24 years who were neither partners nor parents: average time spent on selected activities by labour force status, 1992

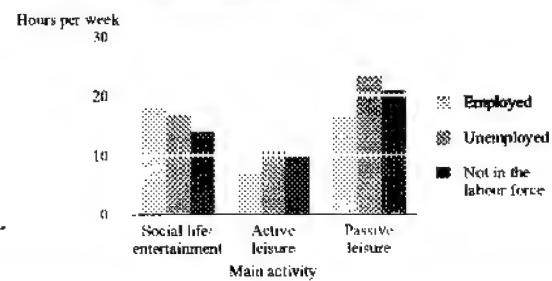
Main activity	Employed			Unemployed	Not in the labour force	Total
	Full-time	Part-time	Total			
- hours per week -						
15-19						
Labour force	41.2	14.9	26.1	3.2	1.3	12.2
Personal care-	73.9	73.7	73.8	77.9	76.9	75.8
Sleeping	62.6	61.7	62.1	65.1	63.4	63.1
Eating/drinking	4.9	4.6	4.8	6.1	6.2	5.6
Social life/entertainment-	16.2	18.4	17.4	16.4	14.1	15.9
Socialising	12.1	14.0	13.1	12.5	10.9	12.1
Active leisure	6.6	8.8	7.9	11.0	9.9	9.3
Passive leisure-	14.3	20.5	17.8	21.9	20.8	19.7
Television	8.3	11.2	10.0	13.6	12.8	11.7
Total aged 15-19 ('000)	230.1	308.2	538.3	218.6	502.6	1,259.5
20-24						
Labour force	44.7	25.9	40.1	5.4	22.2	30.8
Personal care-	70.7	74.5	71.6	79.3	76.2	73.3
Sleeping	58.9	62.6	59.8	64.8	61.3	60.7
Eating/drinking	4.2	5.2	4.5	6.7	7.9	5.2
Social life/entertainment-	18.2	17.9	18.2	17.3	13.4	17.5
Socialising	13.5	13.4	13.4	13.0	11.0	13.1
Active leisure	6.5	5.5	6.2	10.2	8.2	7.0
Passive leisure-	14.3	18.9	15.4	24.9	20.3	17.4
Television	8.3	9.4	8.6	15.7	10.7	9.9
Total aged 20-24 ('000)	541.8	176.8	718.5	153.2	97.5	969.2
15-24						
Labour force	43.7	18.9	34.1	4.1	1.4	20.3
Personal care-	71.6	74.0	72.6	78.4	76.8	74.7
Sleeping	60.0	62.0	60.8	65.0	63.1	62.1
Eating/drinking	4.4	4.8	4.6	6.3	6.5	5.4
Social life/entertainment-	17.6	18.2	17.9	16.7	14.0	16.6
Socialising	13.0	13.8	13.3	12.7	10.9	12.6
Active leisure	6.5	7.6	6.9	10.7	9.6	8.3
Passive leisure-	14.3	19.9	16.5	23.2	20.7	18.7
Television	8.3	10.6	9.2	14.4	12.4	10.9
All persons aged 15-24 who were neither partners/parents ('000)	771.8	485.0	1,256.8	371.8	600.1	2,228.7

Source: Time Use Survey

in the labour force spent slightly less time on social and entertainment activities (on average 17 and 14 hours respectively) than those who were employed (18 hours).

The differences in time spent on leisure activities, eating, drinking and sleeping between those who were employed and those who were not, were more pronounced for those aged 20 to 24 than for those aged 15 to 19. As young single people aged 20 to 24 were less likely to be studying than those aged 15 to 19 regardless of labour force status (see Table 4), those who were not working were likely to have had fewer competing demands on their time.

Figure 6. Persons aged 15 to 24 years who were neither partners nor parents: average time spent on selected activities by labour force status, 1992



Source: Time Use Survey

Young singles with the heaviest labour force and education commitments averaged less time on leisure activities than their peers.

Of employed young singles, 15 to 19 year-olds spent less time on labour force activities than their older counterparts. While this is consistent with those in the younger age group being more likely to study, they also spent more time on some forms

of relaxation. Overall, young single people employed full-time averaged 44 hours per week on labour force activities, compared with 19 hours for those employed part-time. However, 15 to 19 year-olds employed full-time spent 41 hours on average on labour force activities, compared with 45 hours for 20 to 24 year-olds. Those who were employed full-time in the younger age group spent more time sleeping (63 hours) than their older counterparts (59 hours). Fifteen to 19 year-olds employed part-time averaged 15 hours on labour force activities, 11 hours less than those aged 20 to 24 (36 hours). They also spent more time

Table 8. Persons aged 15 to 24 years who were neither partners nor parents: average time spent on main activities by labour force status and student status, 1992

Labour force status and main activity	Studying				Total
	Full-time	Part-time	Total(a)	Not studying	
- hours per week -					
<i>Employed full-time</i>					
Labour force	*26.8	42.6	39.5	45.0	43.7
Education	*12.5	9.0	9.6	*1.0	3.2
Social life/entertainment	*14.7	18.1	17.3	17.8	17.6
Active leisure	*8.9	6.4	6.8	6.4	6.5
Passive leisure	*14.5	11.5	12.0	15.0	14.3
Total employed full-time ('000)	33.2	144.1	189.7	582.2	771.8
<i>Employed part-time</i>					
Labour force	13.7	*31.3	16.0	25.9	18.9
Education	25.7	*12.7	24.0	**1.0	17.2
Social life/entertainment	17.5	*18.0	17.5	19.9	18.2
Active leisure	7.6	*9.7	7.8	7.1	7.6
Passive leisure	19.4	11.3	18.5	23.2	19.9
Total employed part-time ('000)	298.8	39.8	341.8	143.2	485.0
<i>Total employed</i>					
Labour force	15.0	40.1	24.4	41.3	34.1
Education	24.4	9.8	18.8	*1.0	8.6
Social life/entertainment	17.2	18.1	17.4	18.2	17.9
Active leisure	7.8	7.1	7.5	6.6	6.9
Passive leisure	18.9	11.5	16.2	16.6	16.5
Total employed ('000)	332.0	183.9	531.5	725.4	1,256.8
<i>Not employed</i>					
Labour force	1.5	*2.5	1.6	5.4	2.5
Education	34.8	*20.1	33.9	**0.3	26.3
Social life/entertainment	14.1	*16.1	14.2	18.0	15.1
Active leisure	8.6	*19.4	9.1	13.2	10.0
Passive leisure	20.1	21.2	20.2	26.5	21.7
Total not employed ('000)	709.5	38.8	752.2	219.6	971.9
Total					
Labour force	5.8	33.6	11.0	32.9	20.3
Education	31.5	11.6	27.7	*0.9	16.3
Social life/entertainment	15.1	17.8	15.5	18.1	16.6
Active leisure	8.3	9.3	8.4	8.1	8.3
Passive leisure	19.7	13.2	18.6	18.9	18.7
All persons aged 15-24 who were neither partners/parents ('000)	1,041.5	222.8	1,283.7	945.0	2,228.7

(a) Includes correspondence students.

Source: Time Use Survey

socialising (14 hours) and watching television (11 hours) than 20 to 24 year-olds (13 and 9 hours respectively).

Those with the heaviest contracted time commitments (labour force and education combined) averaged less time on leisure activities than their peers. Of all young single people, part-time students who were employed, devoted the most time to labour force and education activities combined and the least time to passive leisure activities. Part-time students who were employed averaged a similar amount of time on labour force activities as those working but not studying (40 hours and 41 hours respectively), plus an additional 10 hours on education activities. Employed part-time students spent on average 7 hours less than single young people as a whole on passive leisure activities. They also spent slightly less time than their peers on active leisure and slightly more time on social and entertainment activities.

While the majority of young singles who were not employed were full-time students (73%), over a quarter of a million young single people (12%) were not employed and either studied part-time or not at all. This group devoted more time to leisure activities than young single people as a whole. Those not employed, but studying part-time spent on average 11 hours more per week on active leisure activities than young single people as a whole. Those who were neither working nor studying averaged 5 hours more on active leisure and 8 hours more on passive leisure than all young singles.

Family and social interactions

Young singles not living at home averaged 6 hours per week on social and leisure activities with family members.

Interdependence is a hallmark of social and family life, and families continue to play an important role in the transition of young people from childhood to greater independence (Hartley and

Wolcott, 1994). Young single people's living arrangements have a major impact on who they spend time with. In 1992, those living in families spent over half their time with family only (92 hours). They also spent more time with family and friends together (13 hours), than those not living in families (4 hours). Conversely, young single people not living in families spent two-thirds of their time exclusively with friends (112 hours). They also spent more than twice as much time alone as those living in families (30 hours compared with 11 hours). Time spent with others includes time spent at home with others around but not necessarily in direct interaction.

Overall, young single people living in families appear to have balanced time spent on social and leisure activities with family and friends fairly evenly, while those not living in families spent most of their social and leisure time with friends only. However, this largely reflects the fact that most passive leisure activities are undertaken at home (see Table 9). Those living in families spent almost all their passive leisure time with family only (15 hours) and those not living with family members, with friends only (11 hours). Nevertheless, young singles not living with family members averaged 6 hours per week on social and leisure activities with family members.

Those not living in families spent more time on domestic activities at home than those living in families.

Young single people spent most of their social, entertainment and active leisure activities with friends only, regardless of who they lived with. Those living with family members spent on average 11 hours per week on social and entertainment activities with friends only, 2 hours with family only and 3 hours with family and friends together, compared with 13, 1 and 2 hours respectively for those not living in families. Both those living in families and those not living in families spent 4 hours of their active leisure time with friends only, 1 hour with family and friends and 1 hour alone. Those living with family spent an additional 2 hours on active leisure activities with family only.

Table 9. Persons aged 15 to 24 who were neither partners nor parents: average time spent on social and leisure, and all activities by living arrangements and social context, 1992

Main activity and living arrangement	Social context				
	Alone	Family only(a)	Family and friends(a)	Friends only(a)	Other(b)
- hours per week -					
<i>Living in a family(c)</i>					
Social life/entertainment	0.9	1.6	3.0	10.5	0.6
Active leisure	1.1	2.0	0.7	4.3	0.4
Passive leisure	1.4	14.8	1.4	0.9	0.4
<i>Total social/leisure(d)</i>	3.4	18.4	5.1	15.7	1.4
All activities(e)	11.2	92.3	12.7	45.0	6.8
<i>Not living in a family(f)</i>					
Social life/entertainment	1.0	1.4	1.6	12.9	*0.6
Active leisure	1.1	*0.3	*0.7	4.0	*0.7
Passive leisure	4.5	1.2	*0.4	11.2	*0.3
<i>Total social/leisure(d)</i>	6.6	2.9	2.6	28.0	1.6
All activities(e)	29.5	12.1	4.0	112.4	10.0
All persons aged 15-24 who were neither partners/parents					
Social life/entertainment	0.9	1.6	2.7	10.9	0.6
Active leisure	1.1	1.7	0.7	4.2	0.5
Passive leisure	1.9	12.5	1.3	2.6	0.4
<i>Total social/leisure(d)</i>	4.0	15.8	4.7	17.7	1.4
All activities(e)	14.2	79.0	11.2	56.2	7.4

(a) Administrative, service and shop personnel, crowd or undescribed people may be present. (b) Administrative, service and shop personnel, crowd or undescribed people present only. (c) Comprises those living with one or two parents, with other relatives and those of undetermined family type.

(d) Comprises social life and entertainment, active leisure and passive leisure activities. (e) Comprises labour force, domestic, child care/child minding, purchasing, personal care, education, voluntary and community, social life and entertainment, active and passive leisure and undescribed activities.

(f) Comprises persons living in group households, those living alone, and unrelated individuals living in family households.

Source: Time Use Survey

Home and away

Where young single men and women spend their time depends on their living arrangements and patterns of activities. Overall, those living in families averaged more time at home during the week (104 hours) than those not living in families (97 hours). Nevertheless, those not living in families spent more time on domestic activities at home than those living in families. Young single men not living in families spent 5 hours on domestic activities at home compared with 4 hours for those living in families. For women, the average times were 7 and 6 hours respectively.

As is to be expected young single people spent most of their passive leisure time at home, and most of their social and entertainment, and active leisure time away from home. As a group they

averaged 18 hours per week on passive leisure activities at home, compared with 1 hour away from home. Young women not living with family members, however, spent 15 hours on passive leisure activities at home and 2 hours away. Men and women spent similar amounts of time on active leisure at home. However, men spent more than twice as much time as women on active leisure activities away from home regardless of their living arrangements (9 hours on average, compared with 4). Young singles averaged 14 hours on social life and entertainment activities away from home and 2 hours at home. Women spent slightly more time on social life and entertainment activities at home than men (on average 3 hours compared with 2).

Table 10. Persons aged 15 to 24 years who were neither partners nor parents: average time spent on selected and all activities by living arrangements and location, 1992

Main activity and location	Living in a family(a)			Not living in a family(b)			Total		
	Males	Females	Total	Males	Females	Total	Males	Females	Total
- hours per week -									
<i>At home</i>									
Domestic	3.9	6.4	5.0	5.2	7.3	6.4	4.1	6.6	5.2
<i>Social/leisure activities</i>									
Social life/entertainment	1.6	3.4	2.4	2.1	3.0	2.6	1.7	3.3	2.4
Active leisure	1.9	1.5	1.8	*0.5	*0.5	0.5	1.7	1.3	1.5
Passive leisure	18.0	18.3	18.1	16.9	15.2	15.9	17.9	17.6	17.8
<i>Total social/leisure(c)</i>	21.6	23.1	22.2	19.6	18.7	19.1	21.3	22.2	21.7
All activities(d)	101.9	107.2	104.1	95.7	98.8	97.4	101.1	105.5	103.0
<i>Away from home</i>									
Domestic	0.5	0.7	0.6	1.3	0.8	1.0	0.6	0.7	0.7
<i>Social/leisure activities</i>									
Social life/entertainment	14.1	14.1	14.1	14.2	15.4	14.9	14.1	14.4	14.2
Active leisure	8.8	4.2	6.9	8.9	4.0	6.1	8.8	4.2	6.7
Passive leisure	0.6	1.0	0.8	*1.4	1.8	1.7	0.7	1.2	0.9
<i>Total social/leisure(c)</i>	23.5	19.4	21.8	24.5	27.2	22.7	23.7	19.8	21.9
All activities(d)	66.1	60.8	63.9	72.3	69.2	70.6	66.9	62.5	65.0
All persons aged 15-24 who were neither partners/parents ('000)	1,072.5	788.0	1,860.5	161.1	207.2	368.3	1,233.6	995.2	2,228.7

(a) Comprises those living with one or two parents, with other relatives and those of undetermined family type. (b) Comprises persons living in group households, those living alone, and unrelated individuals living in family households. (c) Comprises social life and entertainment, active leisure and passive leisure activities. (d) Comprises labour force, domestic, child care/child minding, purchasing, personal care, education, voluntary and community, social life and entertainment, active and passive leisure.

Source: Time Use Survey.

Single people aged 25 to 59

In 1992, almost 1.3 million people aged 25 to 59 were single.

Of all single people, those aged 25 to 59 are likely to have the most time available to pursue independent lives and to concentrate on their careers. In 1992, almost 1.3 million people aged 25 to 59 were single, that is, they were neither a partner nor a parent with children living with them. About three-quarters of these had never been married. This group tended to be younger than those who were previously partnered with more than two-thirds aged between 25 and 34. Although all were currently single, many would

not remain so. Of those who were previously partnered, most had experienced divorce or separation, while only a small proportion had been widowed. More than half of this latter group was aged between 45 and 59. Age and marital status both have an impact on the living arrangements of single people in this age group.

In 1992, most single people aged 25 to 59 lived with other people (61%). Single women were more likely than single men to live alone. However, for both groups the likelihood of living alone increased as they grew older. More than two-thirds of single people aged 45 to 59 lived alone compared with less than one-quarter of those aged 25 to 34. This group was more likely

to have been separated or divorced and therefore to be living in their own home. A much smaller proportion of singles aged 25 to 59, who had been separated or divorced, lived with family than singles who had never been married.

Single people aged 25 to 59 spent more time alone and with friends only, and less time exclusively with family, than partners and parents.

Table 11. Persons aged 25 to 59 years who were neither partners nor parents: living arrangements, 1992

Age and sex	In a family	Not in a family		
		Alone	With others(a)	Total
- % -			- '000 -	
<i>Males</i>				
25-34	48.7	21.1	30.1	441.9
35-44	29.0	45.7	25.3	197.2
45-59	18.2	68.5	13.3	152.5
<i>Total males</i>	37.9	36.4	25.7	791.6
<i>Females</i>				
25-34	41.2	29.6	29.2	259.1
35-44	34.5	45.2	20.3	96.9
45-59	20.3	71.8	7.9	116.8
<i>Total females</i>	34.7	43.2	22.1	472.9
<i>Persons</i>				
25-34	45.9	24.3	29.8	701.1
35-44	30.8	45.6	23.7	294.1
45-59	19.1	69.9	11.0	269.2
All persons aged 25-59 who were neither partners/parents ('000)	36.7	39.0	24.4	1,264.4

(a) Comprises persons living in group households and unrelated individuals living in family households.

Source: Time Use Survey

Interaction with family and friends is an important aspect of everyone's lives, even when people are not in direct daily contact. Single people generally spend most time with the people they live with, or alone if living alone. In 1992, single people aged 25 to 59 spent more time alone and with friends only, and less time exclusively with family than partners and parents (see Table 12). Single people who lived with family spent 92 hours per week with family only, compared with around 12 hours for those living alone or with non-family members. Those living with family members also spent less time alone (20 hours for both men and women) than those living alone (103 and 101 hours for men and women respectively) or with non-family members (32 and 33 hours respectively). For those who lived alone, time spent alone (102 hours) included time spent sleeping or on other personal care activities (69 hours).

Single women who lived alone or with others spent more time with friends only than did men. In particular, single women living with non-family members averaged 11 hours per week more time exclusively with friends than their male counterparts. Single men, whether they lived alone or with others, spent twice as much time (12 hours) on their own with only service or shop personnel or crowds present, as women.

Table 12. Persons aged 25 to 59 years who were neither partners nor parents: average time spent by social context by living arrangements, 1992

Social context	In a family	Males			Females			Total
		Not in a family	Alone	With others(a)	In a family	Not in a family	Alone	
- hours per week -								
Alone	20.4	103.2	31.6	53.5	19.9	101.4	32.8	58.0
Family only(b)	91.7	9.9	13.5	41.8	91.7	13.3	*11.7	40.1
Family and friends(b)	5.8	*1.7	*6.3	4.4	8.7	*3.6	*2.9	5.2
Friends only(b)	36.2	42.7	105.3	56.4	39.9	44.8	115.8	58.8
Other(c)	13.8	10.5	11.2	11.9	7.8	4.9	4.8	5.9
All persons aged 25-59 who were neither partners/parents ('000)	300.0	288.2	203.4	791.6	163.9	204.4	104.6	472.9

(a) Comprises persons living in group households and unrelated individuals living in family households. (b) Administrative, service and shop personnel, crowd or undescribed people may also be present. (c) Only administrative, service and shop personnel, crowd or undescribed people present.

Source: Time Use Survey

Partners and parents

Once people marry or have children, their use of time often changes. Parenthood, in particular, means that more time is spent on activities such as caring for children and domestic work. At the same time, saving for, or paying off a home, and the cost of raising children means that paid work assumes a greater importance in meeting family needs. These factors, combined with the need to nurture and spend time with family members, and to have enough time for personal needs, renders parents the group for whom there are the most competing demands on time. These issues are also examined in *Focus on Families: Work and Family Responsibilities* (4422.0).

Other factors which affect the family life of partners and parents may be their age or sex, whether or not they have children living outside the household, and the age of the children living with them. This section looks at these factors and how they impact on the way that partners and parents use their time to meet both their own and their family's needs. It examines how much time people in different family types and at different life stages spend with and away from their families, and how much time they have for social and leisure activities.

Main activities

Partners without children spent 43 hours per week on social/leisure activities, compared with 33 hours for partners with children, and 38 hours for lone parents.

Partners without children spend more time on personal care activities such as sleeping, eating and drinking, and on social life, entertainment and leisure than parents. In 1992, partners in couples without children spent, on average, 70 per cent of their week on these activities (118 hours). This compared with an average of 62 per cent for partners in couples with children (104 hours) and 66 per cent for lone parents (110 hours). Partners without children spent 4 hours per week more on personal care and 7 hours per week more on passive leisure than those with children. They spent 2 hours and 4 hours more respectively than

lone parents. However, lone parents spent slightly more time on social life and entertainment than partners with and without children (13 hours per week compared with 10 hours and 11 hours respectively).

Partners with children spend more time on average in labour force activities than lone parents and partners without children. In 1992, the average time per week spent by partners in couples with children was 28 hours. This compared with 16 hours for lone parents and 20 hours for partners without children.

Spending time with family

Partners without children spent 77 per cent of their time with family, the majority of it alone with their partner.

Partners and parents spend most of their time with family — considerably more than single young people living with or without family, and older people in general. Time spent at home with family members present may or may not involve interaction with them, as they might be asleep, in another room or engaged in a different activity. The people that partners and parents spend most time with, and the type of activities they do together, vary by family type.

In 1992, partners without children spent 77 per cent of their week with family (129 hours), and the majority of this time alone with their partner (107 hours). The majority of the time spent with their partner present was spent sleeping, eating or drinking (63 hours), watching television, relaxing or reading (21 hours), and on domestic activities (14 hours). Around 22 hours were spent with other family (with or without a partner present). Of the 11 hours per week partners in couple families without children spent on social life activities, 7 hours were spent with family, or with family and friends.

Partners with children spent on average 130 hours (78%) of their week with family. They had considerably less time alone per week with their

Table 13. Persons aged 15 years and over who were partners or parents: living arrangements by average time spent on main activities by social context, 1992

	Social context						Total	
	Alone	Family only(a)		Family and friends(a)	Friends only(a)	Other(c)		
		Spouse only	Any family(b)					
- hours per week -								
<i>Partner in couple without children</i>								
Labour force	3.3	1.4	0.3	0.3	11.7	2.6	19.5	
Domestic	4.0	13.7	1.5	0.4	0.1	0.4	20.1	
Child care	**	**	0.6	**	**	**	0.7	
Purchasing	1.6	2.6	0.5	0.1	0.3	0.7	5.8	
Personal care(c)	3.2	62.7	6.0	1.2	0.3	0.7	74.3	
Education	0.2	0.2	**	**	0.4	*0.1	0.8	
Voluntary/community	0.4	0.8	0.6	0.5	0.5	0.2	3.1	
Social life/entertainment	0.4	1.6	3.3	3.3	1.7	0.2	10.5	
Active leisure	1.0	3.2	0.4	0.5	1.3	0.4	6.8	
Passive leisure	2.4	20.9	2.0	0.4	0.1	0.3	26.1	
All activities	16.5	107.3	15.3	6.8	16.5	5.6	168.0	
<i>Partner in couple with children</i>								
Labour force	5.4	0.9	2.1	0.5	15.3	3.3	27.6	
Domestic	2.2	1.8	14.1	0.8	0.1	0.4	19.3	
Child care	0.2	**	6.8	0.5	**	**	7.7	
Purchasing	1.3	0.7	2.2	0.2	0.2	0.7	5.3	
Personal care(c)	1.5	3.7	62.1	2.0	0.3	0.7	70.3	
Education	0.1	**	0.2	**	0.3	*0.1	0.7	
Voluntary/community	0.3	0.2	1.4	0.5	0.6	0.2	3.3	
Social life/entertainment	0.3	0.6	3.4	4.0	1.1	0.2	9.6	
Active leisure	0.6	0.5	1.9	0.5	0.8	0.2	4.6	
Passive leisure	0.9	1.8	15.8	0.6	0.1	0.3	19.4	
All activities	12.9	10.2	110.2	9.8	18.8	6.1	168.0	
<i>Lone parent</i>								
Labour force	2.8	--	0.9	*0.5	9.5	2.5	16.2	
Domestic	4.7	--	13.6	2.0	0.5	0.5	21.3	
Child care	0.4	--	6.7	1.0	*0.3	**	8.5	
Purchasing	1.8	--	2.4	0.5	0.6	0.7	6.1	
Personal care(c)	7.4	--	53.8	7.3	2.3	1.5	72.2	
Education	*0.4	--	0.4	**0.2	*1.1	**0.1	2.1	
Voluntary/community	0.5	--	1.0	0.5	0.9	*0.2	3.2	
Social life/entertainment	0.7	--	4.2	4.0	3.4	0.5	12.9	
Active leisure	0.7	--	1.4	*0.6	*0.7	*0.2	3.7	
Passive leisure	3.7	--	14.0	2.5	0.4	*0.8	21.4	
All activities	23.2	--	98.7	19.1	19.8	7.1	168.0	

(a) Administration, service and shop personnel, crowd or undescribed people may be present. (b) Excludes spouse only. (c) Administration, service and shop personnel, crowd or undescribed people only. (c) Includes sleep.

Source: Time Use Survey

spouse with no one else in the house, or if out, with no one else around (10 hours) than partners without children living with them. Most of this time was spent eating, drinking or sleeping (4 hours). Two hours each were spent on domestic work (for example, housework, gardening or meal preparation) and on passive leisure activities such as watching television, relaxing or reading.

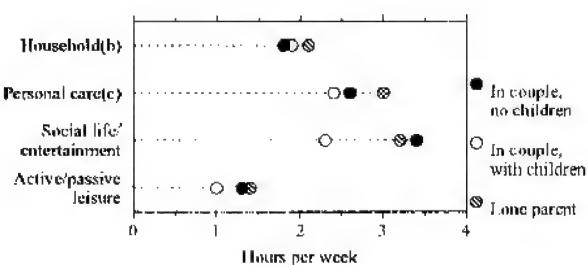
Apart from time spent alone with their spouse, partners with children spent an additional 110 hours per week with family members only. This also included time spent together with their partners and other family members, most commonly children. Most of this time (62 hours) was spent on personal care, which included around 56 hours of sleep, as well as time spent

eating. They also spent 16 hours with family around on passive leisure activities and 15 hours on domestic activities. Reflecting their greater family responsibilities, around 7 hours per week were spent physically caring for, minding, teaching or playing with children, as a primary activity.

Lone parents spent 4 hours per week with just family on social life and entertainment, that is visiting, being visited, or going out together.

Lone parents spent the least amount of time per week with family (118 hours or 70%). Almost 100 hours were spent alone with family (primarily children living in the same household). Lone parents spent less time exclusively with family, for eating, drinking or sleeping (54 hours) than partners in couples with children, but spent more time in these activities with family and friends (7 hours). They spent slightly less time doing things like watching television, reading and relaxing with family only (14 hours per week). However, they spent slightly more time on social life and entertainment, that is visiting, being visited, or going out with family only (4 hours) than partners in couples with children. They spent a similar proportion of time primarily caring for children (7 hours). Lone parents spent 9 hours more per week with family and friends together, than partners in couples with children.

Figure 7. Persons aged 15 years and over who were partners or parents: average time spent on main activities with family who were living outside the household(a) by family type, 1992



(a) Administrative, service and shop personnel, crowd and undescribed people may be present. (b) Comprises domestic, child care and purchasing activities. (c) Includes sleep.

Source: Time Use Survey

Extended family networks are a source of social life for most partners and parents. Partners and parents each spent between 9 and 10 hours per week with family not living with them. Most of this time was spent on social life and entertainment, on personal care (having a meal together, or having family members sleep over), or on household activities such as shopping, domestic work and child care.

Spending time alone or with friends

Lone parents spent 43 hours a week alone or with friends only, compared with 31 hours and 33 hours for partners with and without children.

While spending time with family is a major part of family life, time spent alone or with friends can be an important aspect of personal well-being. Similarly, paid work not only brings economic resources to the family, but also provides opportunities for social interaction outside the family.

In 1992, partners without children spent a fifth of their time alone (33 hours per week), or with friends or work colleagues. Of the 17 hours spent alone, most were spent on activities usually done at home such as domestic work (4 hours), sleeping, eating and drinking (3 hours) and passive leisure such as watching television or relaxing (2 hours). A further 3 hours were averaged on labour force activities. Of the 17 hours spent away from family with friends or work colleagues, most were spent on labour force activities (12 hours) and 3 hours were spent on social life, entertainment or active leisure activities.

Partners with children spend more time away from family with friends and work colleagues than those without children, and less time alone. In 1992, this group averaged 32 hours per week alone or with friends and work colleagues only. Of the 19 hours spent with friends or work colleagues only, around 15 hours were spent on labour force activities. Of the 13 hours partners with children spent alone, 5 hours were on labour force activities and 2 hours were spent on domestic work. This group spent less than 1 hour per week alone on passive leisure time.

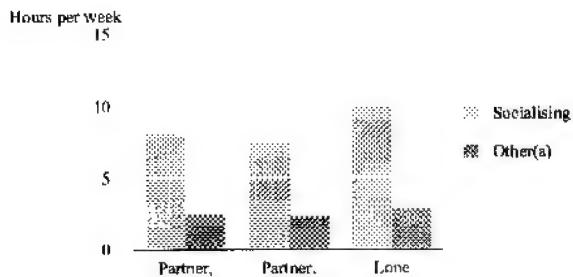
In comparison, lone parents spent considerably more time alone than partners in couple families with or without children — on average 23 hours per week. Most of this time alone was spent sleeping, eating or drinking (7 hours), doing domestic work (5 hours) or watching television, relaxing or reading (4 hours). Lone parents spent on average a similar amount of time away from family with friends and work colleagues, than partners. Less of this time, however, was spent in labour force activities (10 hours) and more was spent on social life and entertainment (3 hours).

Social life and leisure

In 1992, partners and parents spent around 3 hours a week on sport and outdoor activities, and 11 to 15 hours a week watching television.

Whether it be with family, friends or alone, social and leisure time is an important aspect of quality of life. Choices about leisure and recreation are influenced by factors such as age, sex, paid work and family life.

Figure 8. Persons aged 15 years and over who were partners or parents: average time spent on social life and entertainment by family type, 1992



(a) Comprises attendance at entertainment/cultural/sporting events, associated communication and travel, and undescribed.

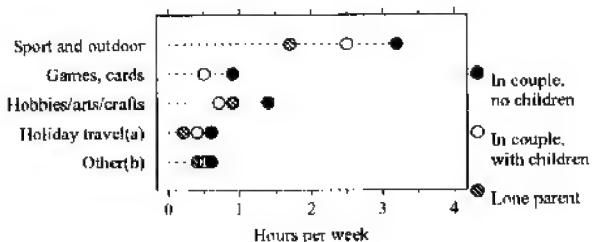
Source: *Time Use Survey*

Partners without children have more social and leisure time than parents living in both couple and one parent families. However, the way parents and partners spend this time varies by family type. In 1992, partners without children had on average 43 hours of social and leisure time per week. More than half of this time (26 hours) was spent on passive leisure — mainly watching television (15

hours), relaxing or thinking (5 hours) or reading (4 hours). Partners without children spent 7 hours a week in active leisure, involving 3 hours of sport or outdoor activities. They also spent 8 hours socialising.

Partners with children spent considerably less time (34 hours) on social and leisure activities compared with those without children, reflecting their greater family and labour force commitments. They had only 19 hours of passive leisure and, like partners in couples without children, spent over half of this time watching television. But they spent a higher proportion of their active leisure on sport and outdoor activities — over half of the 5 hours. This may reflect the younger age structure of this group compared with those without children. Partners with children spent 10 hours on social life and entertainment, of which 7 were spent socialising.

Figure 9. Persons aged 15 years and over who were partners or parents: average time spent on active leisure by family type, 1992

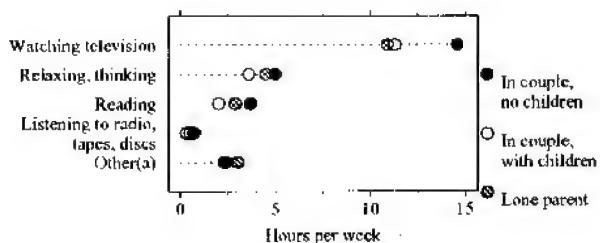


(a) Includes driving for pleasure. (b) Comprises associated communication and travel, and undescribed.

Source: *Time Use Survey*

Lone parents have more social and leisure time than partners with children and spend more of this time away from family. This may reflect a need to spend time in adult company which partners in couples with children gain from their spouses. In 1992, lone parents spent an average of 38 hours on social and leisure time. Almost 10 hours of this time was spent without family. Lone parents spent 3 hours more per week (13 hours) on social life and entertainment than partners in couples with children. Around 10 hours of this time was spent socialising. Lone parents spent a similar amount of time watching television (11 hours) as partners in couples with children but had more time for relaxing and thinking (5 hours), reading (3 hours) and other passive leisure (3 hours). Lone parents spent less time however on active leisure activities (4 hours), with 2 hours per week of this time being spent on sport and outdoor activities, and 1 hour on hobbies, arts and crafts.

Figure 10. Persons aged 15 years and over who were partners or parents: average time spent on passive leisure by family type, 1992



(a) Comprises enjoying memorabilia, associated communication, associated travel, and undescribed.

Source: Time Use Survey

Income, social life and leisure

Partners with children aged 0 to 14 with low or high household incomes spent less time on social life/active leisure than those with incomes in the middle ranges.

For most families there is a trade-off between economic well-being and time, not only for social life and leisure, but also for caring for, nurturing and spending time with family members. For most couple families with children, a balance between these two spheres of family well-being is attempted by having one partner concentrate on paid work and the other on caring for children (see *Focus on Families: Work and Family Responsibilities*, 4422.0). Similarly, the amount of time that parents and partners have for social life and active leisure is a trade-off between having enough time and enough economic resources to participate in these activities — especially as they are more likely than passive leisure to involve expenditure.

The impact of employment and income on time for social and active leisure activities can be seen in the amount of time spent on such activities by partners in couples without children, of various ages and household incomes. For partners aged 59 and under without children, those in households with high incomes spent the least amount of time

on social life and active leisure, compared with those with lower household incomes. Those with low incomes spent the most time on social life and active leisure, and time spent on these activities increased with income for those in the middle income ranges. For partners aged 60 and over without children, those with the highest household incomes spent more time on social life and active leisure than those with lower incomes. This is because income is less likely to be associated with employment among older people. As well as this, older people have less responsibility caring for children, resulting in a combination of income and available time. For the younger group, a higher proportion were in the highest income group. This was due primarily to both partners being in full-time employment (see *Focus on Families: Income and Housing*, 4424.0) and therefore having less time available for social life and leisure activities.

Generally, partners with children have less time for social life and active leisure than those without children, although this varies with household income and by age of youngest child. In 1992, for partners in couples with children aged 14 and under, those with low household incomes and those with high incomes tended to spend less time on social life and active leisure activities than those in the middle income ranges.

Lone parents spend more time on social life and active leisure activities combined, than those in couple families. This reflects not only the older age structure of children in one parent families but also the lower labour force participation of lone parents compared with those in couple families. Among lone parents, those with lower household incomes generally spent more time on social and leisure than those in the higher income ranges.

Higher incomes, which usually reflect full-time employment commitments, are generally associated with less time to spend on social life and leisure activities than those with lower incomes. However, high income families are not only able to spend more money on social life and leisure but are also able to utilise a higher proportion of their income on these activities than low income families.

Table 14. Persons aged 15 years and over who were partners or parents(a): average time spent on selected activities by life stage by weekly household income, 1992

Selected activities by life stage	Weekly household income ranges				
	\$0-577	\$578-961	\$962-1,537	\$1,538-2,307	\$2,308 and over
- hours per week -					
<i>Partner in couple without children, aged 15-44</i>					
Social life/entertainment	15.7	11.0	9.9	11.6	12.7
Socialising	12.6	8.7	7.4	8.9	9.6
Active leisure	7.4	6.3	7.7	6.2	4.4
Number ('000)	50.9	108.8	166.7	352.8	325.7
<i>Partner in couple without children, aged 45-59</i>					
Social life/entertainment	12.9	9.2	10.7	12.1	9.2
Socialising	10.6	7.7	8.4	9.5	6.9
Active leisure	7.2	6.0	6.2	6.1	4.2
Number ('000)	158.7	176.5	202.3	158.3	96.1
<i>Partner in couple without children, aged 60 and over</i>					
Social life/entertainment	9.5	8.5	10.6	8.9	12.6
Socialising	7.5	6.2	8.5	5.4	8.6
Active leisure	7.8	6.9	8.4	7.6	9.9
Number ('000)	516.3	418.6	174.1	69.7	84.2
<i>Partner in couple with children aged 0-14</i>					
Social life/entertainment	8.4	10.7	10.5	9.2	8.9
Socialising	6.1	8.6	8.1	7.1	6.9
Active leisure	4.6	4.7	4.8	4.0	3.8
Number ('000)	208.8	563.5	1,020.6	940.3	573.6
<i>Partner in couple with children aged 15 and over</i>					
Social life/entertainment	8.7	8.7	8.4	8.0	10.8
Socialising	7.7	6.8	5.9	6.3	7.8
Active leisure	5.4	3.4	8.6	4.1	4.9
Number ('000)	81.3	135.5	266.1	319.2	509.8
<i>Lone parent with children aged 0-14</i>					
Social life/entertainment	14.5	12.8	12.6	11.5	24.1
Socialising	11.3	9.7	9.5	9.7	15.7
Active leisure	3.1	3.9	1.9	4.9	7.0
Number ('000)	149.4	96.0	64.4	20.2	12.1
<i>Lone parent with children aged 15 and over</i>					
Social life/entertainment	7.2	17.3	11.8	9.9	9.6
Socialising	6.2	15.7	9.9	6.0	5.6
Active leisure	5.0	5.6	3.8	1.9	2.8
Number ('000)	18.6	58.5	72.0	38.4	16.1

(a) Excludes persons for whom household income was not stated.

Source: *Time Use Survey*

In 1993-4, couples without children with low incomes spent on average \$48 per week on recreation, compared with \$142 for those with high incomes.

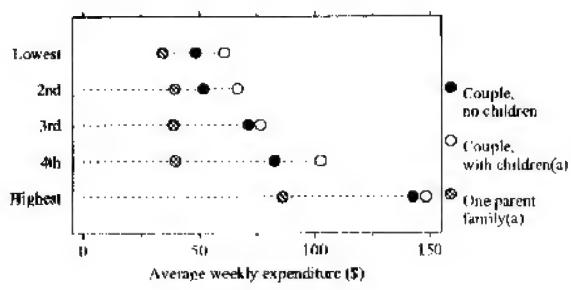
While income varies with family type, within each family type, high income families spend on average almost three times as much on recreation as low income families. This expenditure may include, among other things, television and other audio equipment, books, newspapers and magazines, sports equipment, camping equipment, photographic equipment, health and sporting club memberships, pets, lotto and other gambling.

admissions to cinemas, nightclubs, concerts, spectator sports and theatres, and holidays in Australia and overseas.

In 1993-4, among couples without children, those in the lowest income quintile for this group spent on average \$48 per week on recreation. This continued to increase with income to around \$142 for those in the highest income quintile. Generally this family type spent around 14 per cent of their expenditure on recreation. The exception to this was families in the highest quintile. They spent 16 per cent of their expenditure on recreation.

A similar pattern existed for couples with dependent children. For this group, expenditure on recreation increased from \$61 for those in the lowest quintile to \$148 for those in the highest quintile. This group had higher incomes in general because of their younger age structure and higher labour force participation. They also had higher expenditure, consistent with a greater average number of people in this family type. However, lower and middle income families in this group spent a lower proportion of total expenditure (around 11%) on recreation. This is not only due to the higher proportion of families with young children in this group, but also reflects the impact younger children have on the free time available to their parents (see Table 1), and on family income and expenditure (see *Focus on Families: Income and Housing*, 4424.0).

Figure 11. Selected single family households: average weekly expenditure on recreation by family type and household income quintile group, 1993-4



(a) Dependent children only.

Source: ABS Household Expenditure Survey (unpublished data)

One parent families with dependent children have on average lower incomes and spend considerably less on recreation than couple families with and without dependent children. To an extent, this is because of their smaller family size. In 1993-4, one parent families with dependent children in the lowest income quintile spent \$34 per week on recreation, which represented 11 per cent of their total expenditure. For those with income in the highest quintile, the average weekly expenditure on recreation was \$86 or 15 per cent of their income. Couple and one parent families with dependent children spent similar proportions of total expenditure on recreation (12% and 11% respectively), while those without children averaged slightly more (14%).

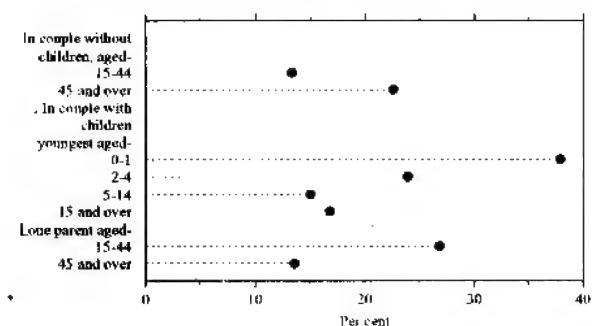
Sleep

Parents of 0 to 1 year-olds in couple families were the most likely of all partners and parents to have several episodes of sleep per day (38%).

Sleep is an essential aspect of personal health and well-being. In 1992, parents and partners of various life stages averaged around 8 hours of sleep per day (between 56 to 59 hours per week). However, for those with very young children or fewer labour force commitments, this sleep was more likely to have been interrupted or taken over several episodes a day than for those who had older children or were in the labour force.

Parents of 0 to 1 year-olds in couple families were more likely than any other life stage group of partners or parents to have more than one episode of sleep per day (38%). This proportion decreased to 24 per cent for those whose youngest child was aged 2 to 4, and was lowest (15%) among partners whose youngest child was aged 5 to 14. For parents with older children, this proportion increased slightly (to 17% for those whose youngest child was aged 15 and over), reflecting the impact of retirement on the older group.

Figure 12. Persons aged 15 years and over: proportion who had more than one episode of sleep per day by selected life stage groups, 1992



Source: Time Use Survey

A similar pattern occurred among lone parents, with the younger parents, who were most likely to have very young children, experiencing the most episodes of sleep per day (27%). This was not the case among partners in couples without children. Unaffected by the needs of very young children, the sleeping patterns of this group were affected more by the time they had available during the day for sleeping. The proportion who had more than one episode of sleep per day increased with age, reflecting both the diminishing labour force responsibilities of the older group and the effect of ageing on sleeping patterns.

Patterns of parenting

In 1992, mothers of 0 to 4 year-olds spent almost half their time on parenting activities.

In a family environment, time spent with children present is not always focussed on parenting activities such as the physical care of children, playing with, talking or reading to children, or teaching or minding children. Time spent on parenting activities might occur concurrently with other activities. Clearly, the age of the child dictates the amount of time spent and the nature of the interaction with the child. Time spent in the workplace, and domestic responsibilities will also impact on the amount and nature of time parents have to care for and interact with their children.

Mothers spend a substantial proportion of their time on parenting activities if they have very young children, regardless of their employment status. In 1992, mothers whose youngest child was 0 to 4 spent almost half their time on parenting

activities. The amount of time mothers spent on parenting activities decreased as the age of the youngest child increased. Mothers whose youngest child was 5 to 9 spent around a third of their time on parenting activities, while those whose youngest child was 10 to 14 spent between 11 per cent and 14 per cent of their week on such activities.

Table 15. Mothers with children aged 0 to 14 years and who reported any child care activity: average time spent on child care activities, 1992

Child care activities	Employed		Not employed - hours per week -
	Full-time	Part-time	
<i>Youngest child aged 0-4</i>			
Physical care	22.8	21.3	23.8
Teaching	*0.7	1.0	1.0
Playing, talking, reading to	11.8	16.1	16.9
Minding	39.1	50.7	48.8
Travel	1.7	2.6	1.7
<i>Total(a)</i>	68.5	81.1	81.3
Number ('000)	118.3	295.0	588.7
<i>Youngest child aged 5-9</i>			
Physical care	6.2	6.8	8.5
Teaching	1.8	1.8	2.1
Playing, talking, reading to	10.5	10.9	15.7
Minding	31.8	35.3	37.3
Travel	2.1	2.8	3.5
<i>Total(a)</i>	49.3	54.5	62.1
Number ('000)	123.3	192.4	216.1
<i>Youngest child aged 10-14</i>			
Physical care	1.7	2.2	2.4
Teaching	*0.8	0.9	0.8
Playing, talking, reading to	7.6	7.1	5.8
Minding	12.0	9.3	8.6
Travel	1.4	2.3	2.0
<i>Total(a)</i>	22.8	21.0	18.9
Number ('000)	163.1	196.6	181.7

(a) Includes other. Components do not add to total as activities may overlap.

Source: Time Use Survey

Mothers who were not employed and who had younger children generally spent more time on parenting activities than employed mothers with children in the same age group. However, for those with older children, employed mothers spent more time on parenting activities than those who were not employed. For mothers whose youngest child was 0 to 4, those employed full-time spent less time on parenting activities (69 hours or 41%) than those who were employed part-time or who were not employed (81 hours each). Among mothers whose youngest child was

aged 5 to 9, a similar pattern existed, with those who were not employed spending 13 hours more on parenting than those employed full-time. Part-time employed mothers with children of these ages spent 5 hours more than full-time employed mothers on parenting. Among mothers whose youngest child was aged 10 to 14, employed mothers averaged slightly more time on parenting than those who were not employed.

Table 16. Mothers with children aged 0 to 14 years and who reported child care as a main activity: average time spent on child care activities, 1992

Child care activities	Employed		Not employed
	Full-time	Part-time	
- hours per week -			
<i>Youngest child aged 0-4</i>			
Physical care	18.0	15.1	18.4
Teaching	*0.5	0.5	0.6
Playing, talking, reading to	2.9	3.3	3.9
Minding	*0.6	0.6	0.7
Travel	1.7	2.6	1.7
<i>Total(a)</i>	23.7	22.4	25.4
Number ('000)	118.3	295.0	588.7
<i>Youngest child aged 5-9</i>			
Physical care	3.9	4.8	6.1
Teaching	0.9	1.2	1.2
Playing, talking, reading to	0.9	1.8	1.9
Minding	*0.5	*0.7	1.2
Travel	2.1	2.8	3.5
<i>Total(a)</i>	8.3	11.7	14.2
Number ('000)	123.3	192.4	216.1
<i>Youngest child aged 10-14</i>			
Physical care	1.2	1.8	1.9
Teaching	*0.4	*0.6	*0.5
Playing, talking, reading to	0.7	0.7	1.1
Minding	*1.2	**0.2	*0.3
Travel	1.4	2.3	2.0
<i>Total(a)</i>	5.0	5.9	5.9
Number ('000)	163.1	196.6	181.7

(a) Includes other. Components do not add to total as activities may overlap.

Source: Time Use Survey

children. Just under a third of the time mothers of 0 to 4 year-olds spent on parenting activities was spent primarily on parenting and the rest was spent as background activities. Employed mothers with children of these ages spent between 2 and 3 hours less on parenting as a main activity than mothers who were not employed. And those employed full-time spent 11 to 14 hours less on parenting as a background activity than those not employed or employed part-time. For mothers whose youngest child was aged 5 to 9, those who were employed spent 3 to 6 hours less on parenting as a main activity than those not in paid work. A less noticeable pattern occurred among mothers whose youngest child was aged 10 to 14, with those employed full-time spending 1 hour less on parenting as a primary activity than those employed part-time or not at all.

The amount of time mothers spent on the various parenting activities also varied with the age of their youngest child and whether or not they were employed. With most activities, the differences in time spent by employed and not employed mothers with children in a particular age group, shifted as the age of the children increased. This was the case, for example, with minding children. Mothers with children aged 0 to 4 who were employed full-time averaged 10 to 12 hours less per week minding their children than other mothers with children in the same age group. Among mothers whose youngest child was aged 5 to 9, this difference was smaller (4 to 6 hours), while among those with older children, employed mothers spent more time minding children than those who were not employed. For all mothers, the vast majority of time spent minding children was as a background activity.

For physical care, little difference existed between mothers who were employed and those who were not, regardless of the age of their children. However, mothers of younger children did spend more time playing with, reading to and talking to children if they were not employed. Among mothers of 0 to 4 year-olds, those employed full-time spent 5 hours less, and those employed part-time spent 1 hour less, than those not employed. For mothers whose youngest child was aged 5 to 9, those employed both full-time and part-time spent 5 hours less than their counterparts who were not employed. This was not the case among mothers whose youngest child was aged 10 to 14. For this group, employed mothers averaged 2 hours more per week playing with, talking or reading to their children than those who were not employed.

While a parent may have responsibility for a child at a certain time, this may not always be the activity on which they were primarily concentrating. On average, the time people spend caring for or minding children increases four times when time spent as background activity is taken into account (see *Australian Social Trends, 1994, 4102.0*). The difference in time spent by mothers on parenting as primary and background activities was more noticeable among those with younger

Table 17. Fathers with children aged 0 to 14 years and who reported child care: average time spent on child care activities, 1992

Child care activities	Employed	Not employed
- hours per week -		
<i>Youngest child aged 0-4</i>		
As a main activity	7.0	9.3
As a background activity	25.4	33.4
<i>Total(a)</i>	30.5	39.4
Number ('000)	765.4	105.9
<i>Youngest child aged 5-9</i>		
As a main activity	3.2	8.5
As a background activity	27.3	38.2
<i>Total(a)</i>	29.7	44.3
Number ('000)	429.6	49.8
<i>Youngest child aged 10-14</i>		
As a main activity	2.0	4.2
As a background activity	8.3	11.6
<i>Total(a)</i>	9.9	15.6
Number ('000)	443.4	64.8
(a) Components do not add to total as activities may overlap.		
Source: Time Use Survey		

Like mothers, fathers spend less time primarily on parenting activities as their children grow older. In 1992, employed fathers spent similar amounts of time on all parenting activities if the age of their youngest child was under 10 (30 to 31 hours) but averaged 10 hours per week if their youngest child

was aged 10 to 14. In contrast, fathers who were not employed spent the greatest proportion of time on all parenting activities if the age of their youngest child was between 5 and 9 (44 hours). This compared with 39 hours for those whose youngest child was aged 0 to 4, and 16 hours for those whose youngest child was aged 10 to 14. Fathers who were not employed generally spent a higher proportion of their time on parenting as a main activity than those who were employed.

Use of child care

In 1992, almost two-thirds of mothers with 0 to 4 year-olds used regular child care, and a third used regular long-term care.

Mothers with children aged 11 and under have multiple responsibilities. Organising their children's time in child care, kindergarten or school is a central focus of their lives, and often takes place in conjunction with paid work and other unpaid work responsibilities. There can be adverse effects on the family when work, family and personal needs conflict. It is often mothers whose work and personal lives are adjusted to accommodate family members (Russell, 1994). The availability of suitable child care can often provide mothers with time to pursue other

Table 18. Mothers with children aged 0 to 11 years: average time spent on main activities by whether used regular child care and type of care used, 1992

	Youngest child aged 0-4			Youngest child aged 5-11			Total	
	Did not use regular care	Used regular care		Did not use regular care	Used regular care			
		Short-term(a)	Long-term(b)		Short-term(a)	Long-term(b)		
		- hours per week -						
Labour force	2.3	7.3	16.1	8.4	9.8	22.1	16.7	
Domestic	25.7	25.0	21.8	24.2	28.2	22.7	21.9	
Child care	26.5	22.8	23.4	24.4	11.2	8.8	10.6	
Purchasing	6.8	6.4	6.4	6.6	7.1	5.9	5.9	
Personal care(c)	71.4	69.7	67.2	69.5	71.7	70.7	70.2	
Education	*0.3	**0.1	*1.7	0.7	*1.1	*2.2	*2.3	
Voluntary/community	2.3	3.0	2.1	2.4	3.6	3.8	4.2	
Social life/entertainment	13.2	12.0	9.9	11.7	12.2	10.5	14.2	
Active leisure	2.8	3.4	3.8	3.3	4.3	3.9	3.2	
Passive leisure	16.5	18.0	15.4	16.6	18.6	17.4	18.5	
All activities	168.0	168.0	168.0	168.0	168.0	168.0	168.0	
Number ('000)	365.8	292.2	323.9	981.9	408.2	212.6	123.4	

(a) Periods of four hours or less. (b) Includes a combination of short and long term child care. (c) Includes sleep.

Source: Time Use Survey

interests. The ability to organise satisfactory child care arrangements has therefore become an important aspect of parental functioning.

Regular child care is essential for mothers with ongoing labour force commitments, especially if their children are younger than school age. In 1992, almost two-thirds (63%) of mothers whose youngest child was aged 0 to 4 used regular child care, and a third used regular long-term care. This compared with 45 per cent and 17 per cent respectively for mothers whose youngest child was aged 5 to 11. For both groups, time spent on labour force activities was considerably higher if using regular care. Among mothers of 0 to 4 year-olds, those using long-term care averaged 16 hours per week on labour force activities, and those using short-term care averaged 7 hours per week, compared with only 2 hours for those not using care. For mothers with 5 to 11 year-olds, a similar pattern existed, although those with children in short-term care averaged more time on labour force activities (22 hours) compared with those in long-term care (17 hours). This reflects the greater employment possibilities by combining school hours and short-term care afforded to mothers with older children.

For mothers with children in the older age group, time spent on labour force activities (15 hours) was higher than for mothers with 0 to 4 year-olds (8 hours), reflecting increased participation of mothers in the labour force as their children go to school. This group also averaged more time on labour force activities if not using care, which is consistent with mothers working while their children are at school. If using care, mothers whose youngest child was aged 5 to 11 were more likely to depend on regular care of less than four hours per day than mothers whose youngest child was aged 0 to 4.

Mothers of 0 to 4 year-olds who used long-term care, spent less time on social life, entertainment and leisure combined, than all mothers with children in this age group.

For mothers with very young children, time spent on main activities varied between those using long and short-term regular care, suggesting different reasons for the use of regular care. Those using long-term care spent less time on social life,

entertainment and leisure combined, than all mothers with children in this age group. They also spent slightly less time on domestic work and on personal care. This is consistent with their greater likelihood of having labour force commitments, and is reflected in the larger amount of time spent on such activities. For those using regular short-term care however, more time was spent on social and leisure activities, and the same or more time was spent on domestic work and personal care, than mothers in this category generally. When this is combined with the smaller amount of time averaged on labour force activities compared with those using regular long-term care, this suggests short-term care was more likely than long-term care to be used for a variety of reasons.

For mothers whose youngest child was aged 5 to 11 the pattern was slightly different. Mothers using regular short-term care averaged a higher amount of time on labour force activities than those using long-term care. They averaged less time on social life and leisure than mothers with children in this age group in general. This suggests that the bulk of this care was after-school/kindergarten care. Conversely, mothers with children in regular long-term care generally had more time for social life and leisure than all mothers whose youngest child was aged 5 to 11.

Table 19. Mothers with children aged 0 to 11 years: whether used child care and type of care used(a) by birthplace group, 1992

Type of care	Whether born in non-English speaking country		
	Self	Parents only(b)	Neither self/parents
- % -			
Used informal care from-			
Parent	22.1	45.6	37.8
Other family	10.2	11.2	14.0
Total family	32.3	56.8	51.8
Non-family person	11.7	14.5	18.4
Total informal care	43.9	71.3	70.3
Used formal care	19.2	31.2	32.5
Did not use care	47.0	19.4	23.0
All mothers with children aged 0-11	100.0	100.0	100.0
Number ('000)	290.7	146.2	1,351.1

(a) Persons may use more than one type of care and therefore components do not add to totals. (b) At least one parent.

Source: Family Survey

Use of child care by birthplace group

A third of mothers born in non-English speaking countries used child care from family, compared with around half of those born in Australia or other main English speaking countries.

People of non-English speaking backgrounds represent a diverse range of ethnic and cultural groups. A person is of non-English speaking background if they were born in a non-English speaking country, or if either of their parents were born in a non-English speaking country. The challenges faced by these groups, particularly those who have recently arrived in Australia, have a particular impact on families and children. The high cost of child care can be a deterrent for recently arrived migrants, particularly those with large families. In addition, services may be considered to be culturally inappropriate (National Council for IYF, 1994). There may also be problems obtaining information about child care services because of language difficulties. A higher proportion of women from non-English speaking backgrounds are in seasonal or shift work (National Council for IYF, 1994). Restricted hours and inappropriate location of facilities may be barriers to the use of formal child care by these women (Morrissey, Mitchell and Rutherford, 1991).

Family, and in particular grandparents, can be a major source of informal child care. However, mothers born in non-English speaking countries may not have access to parents and other family, and this affects their use of care. A lack of social networks for recent migrants may also affect their access to informal care.

First generation migrant mothers from non-English speaking backgrounds are less likely to use child care than other mothers, mainly because they are less likely to have access to parents to provide informal care. In 1992, 22 per cent of first generation migrant women with children aged 0 to 11 had child care provided by a parent, compared with 46 per cent of second generation migrant mothers and 38 per cent of mothers who were of main English speaking backgrounds. They were also slightly less likely to

use care provided by other family members. As a result, care provided by family was considerably lower among first generation migrant mothers (32%), compared with second generation migrant mothers of non-English speaking background (57%) and those without such backgrounds (52%). The higher proportion of second generation migrant mothers using care provided by family members is likely to be due to their often larger and more active family networks.

The impact of reduced family networks and reduced access to services experienced by first generation migrants of non-English speaking backgrounds is evident in their lower use of child care in general (44% compared with 70% for mothers of main English speaking backgrounds). While this is mainly attributable to a lack of family and social networks, they were also less likely to use formal care than the other group (19% and 33% respectively).

Table 20. Mothers with children aged 0 to 11 years: average time spent on selected main activities by whether used regular child care and birthplace group, 1992

Whether born in non-English speaking country and selected activities	Whether used regular child care and age of youngest child			
	Used		Did not use	
	0-4	5-11	0-4	5-11
-hours per week-				
<i>Self</i>				
Labour force	*19.6	*20.0	**6.3	*4.4
Household(a)	47.9	34.4	54.5	46.0
Personal care(b)	67.6	73.6	73.1	74.7
Social/leisure(c)	29.4	32.3	32.5	39.4
Total	168.0	168.0	168.0	168.0
Number ('000)	79.2	61.2	47.8	73.4
<i>Parents only(d)</i>				
Labour force	*14.6	*18.9	**1.1	**10.2
Household(a)	49.8	41.7	61.7	*49.3
Personal care(b)	68.3	72.0	67.8	*73.3
Social/leisure(c)	28.5	31.2	35.5	*31.2
Total	168.0	168.0	168.0	168.0
Number ('000)	78.0	32.8	40.2	*29.4
<i>Neither self/parents</i>				
Labour force	10.2	20.3	*1.8	11.1
Household(a)	54.2	38.0	59.5	46.4
Personal care(b)	68.5	69.6	71.6	70.8
Social/leisure(c)	31.9	33.8	32.2	34.4
Total	168.0	168.0	168.0	168.0
Number ('000)	458.9	242.1	277.8	305.4

(a) Comprises domestic, child care and purchasing activities.

(b) Includes sleep. (c) Comprises social life and entertainment, active leisure and passive leisure activities. (d) At least one parent.

Source: Time Use Survey

Access to regular child care is an important factor for mothers participating in education or paid work. Mothers of younger children are more likely to use regular child care than those with older children, regardless of whether they are from a non-English speaking background or not. In 1992, around 63 per cent of mothers whose youngest child was 0 to 4 used care, compared with under half of mothers whose youngest child was aged 5 to 11. These proportions were slightly higher among second generation migrants of non-English speaking background (66% and 53% respectively).

Among mothers whose youngest child was aged 0 to 4, those of non-English speaking background who used regular care averaged more time on labour force than those of main English speaking backgrounds. This is consistent with the greater likelihood for mothers of non-English speaking backgrounds with young children to be in full-time employment and to work longer hours than other mothers (Mayer, 1990). For mothers whose youngest child was aged 5 to 11 and who used regular care there was little difference in the amount of time averaged on labour force activities between mothers of main English and non-English speaking backgrounds.

Travel time

Among partners with children aged 0 to 14, men's travel time was most likely to relate to paid work (40%), while women's was most likely to relate to purchasing (23%).

For younger partners and parents who are employed, a certain proportion of the week will be taken up on travelling to and from work, taking children to school or child care, shopping and other things. How much time partners and parents spend on travel for different reasons, and what mode of transport they most commonly use varies between men and women, and by whether or not they have children.

Men and women who are partners or parents spend a similar amount of their time on travel, but the reasons for this are different. In 1992, men and

women from the three life stage groups of partners in couples aged 15 to 44, and parents of 0 to 14 year-olds in couple and one parent families spent around 10 hours per week on travel.

Generally, men averaged slightly more time on travel than women, and parents averaged slightly less time on travel than partners in couples without children, although these variations were slight. However, the activities with which this travel was associated varied considerably between men and women, particularly if they were partners in couples with children.

Table 21. Persons in selected life stages: proportion of travel time by related activity, 1992

	Males	Females
- % -		
<i>Partner in couple only, aged 15-44</i>		
Labour force	39.0	28.7
Transporting children	**0.2	**0.4
Purchasing	16.7	24.1
Social life/entertainment	18.0	21.7
Other	26.1	25.1
Total travelling time	100.0	100.0
Time (hours)	10.3	9.6
Number ('000)	502.7	533.8
<i>Partner in couple with children aged 0-14</i>		
Labour force	40.0	12.3
Transporting children	7.5	20.9
Purchasing	12.8	22.9
Social life/entertainment	14.8	19.2
Other	24.7	24.9
Total travelling time	100.0	100.0
Time (hours)	9.3	8.9
Number ('000)	1,830.7	1,750.8
<i>Lone parent with children aged 0-14</i>		
Labour force	*19.4	7.7
Transporting children	*15.1	21.9
Purchasing	*20.3	24.2
Social life/entertainment	*23.3	25.1
Other	*21.8	21.0
Total travelling time	*100.0	100.0
Time (hours)	*11.0	9.4
Number ('000)	*28.1	324.4

Source: Time Use Survey

In keeping with their higher labour force participation, men averaged more time on travel associated with labour force activities than

women. This was most noticeable for partners with children aged 0 to 14, where 40 per cent of the travel time for men was associated with labour force, compared with 12 per cent for women. For partners without children, 39 per cent of travel time for men was labour force related compared with 29 per cent for women.

Women's travel time was more likely to be associated with shopping than men's travel time, and with providing transport for children, if they had them. Consistently, a greater proportion of women's travel time was related to purchasing. Once again, of the three life stage groups this was most evident among partners with 0 to 14 year-old children. These women spent 23 per cent of their travel time on purchasing, compared with 13 per cent for men. The variation was least noticeable between lone mothers and lone fathers, for whom a division of labour between partners was not possible. Women with children aged 0 to 14 also spent a greater proportion of their travel time transporting children, than men with children in this age group, especially in couple families. In this life stage group, women spent 21 per cent of their travel time transporting children, compared with 8 per cent for men.

The mode of transport used by these life stage groups also varied for men and women, and for each life stage group. Partners in couples with children aged 0 to 14 were the most dependent on cars for transport, with both men and women in this group using a car for around 80 per cent of their travel. For partners in couples aged 15 to 44 without children, 75 per cent of men's travel time and 70 per cent of women's was done by car. This may reflect the higher incidence of young couples without children in inner city areas with access to public transport, as well as greater flexibility in choices of transport for this group because they did not have to get children to school or child care. Lone parents were the least likely of all three groups to travel by car.

Women were more likely to be passengers in cars than men. This was most noticeable among 15 to 44 year-old partners without children. For this

group, women spent 22 per cent of their time travelling as a car passenger, while men spent only 6 per cent, reflecting that people in this group are likely to travel together.

Lone parents (both men and women) were more likely than the other groups to walk (around 14% of their travel time). And among partners, women were more likely to walk than men. Women with partners but no children were the most likely of the three groups to have travelled by public or commercial transport.

Table 22. Persons in selected life stages: proportion of travel time by selected modes of transport, 1992

	Males	Females
- % -		
<i>Partner in couple only, aged 15-44</i>		
Car-		
As driver	69.4	47.6
As passenger	5.7	22.4
<i>Total car</i>	75.0	70.0
Public/commercial transport	5.4	9.8
Walking	7.2	11.1
Total travelling time	100.0	100.0
<i>Partner in couple with children aged 0-14</i>		
Car-		
As driver	76.0	63.5
As passenger	4.3	17.9
<i>Total car</i>	80.3	81.4
Public/commercial transport	4.7	2.5
Walking	5.3	7.7
Total travelling time	100.0	100.0
<i>Lone parent with children aged 0-14</i>		
Car-		
As driver	*67.1	64.5
As passenger	**	5.8
<i>Total car</i>	*67.1	70.3
Public/commercial transport	**5.2	*4.0
Walking	**14.4	14.3
Total travelling time	*100.0	100.0

Source: Time Use Survey

Older people

The structure of the Australian population is changing. People are living longer and having fewer children. These factors have led to increases in the proportions of people aged 60 years and over which will continue into the next century. Older people themselves are also changing. They are healthier, and have more education and greater financial independence than ever before (Encel, 1995). Indeed, the majority of older people live independently in the community and mostly enjoy good health with physical independence likely to continue into their later years (see *Focus on Families: Caring in Families*, 4423.0). An ageing society can therefore be seen as an extension of opportunities to use what is an increasing pool of skills, resources and wisdom to develop a more actively caring society (Edgar, 1991).

This section looks at older people's patterns of living. The types of activities they engage in, and who they spend time with, differ depending on their living arrangements — whether they are living as couple only, alone or in other living arrangements (including other family or non-family groups). While partners in couple families may be involved in caring for each other, social isolation may result for older people who live alone. Further information on these and other aspects of older people is available in other publications in the *Focus on Families* series (4420.0 to 4424.0).

Living arrangements

More than half of all women aged 75 and over lived alone (56%).

In 1992, the majority of people aged 60 and over lived only with their partner, that is as a couple only family (53%). A quarter of older people lived alone and one-fifth (21%) lived in other households, mainly couples or lone parents living with their adult children. Other households also included a small number of individuals living with unrelated people. There were quite marked differences between the most common living arrangements for older men and women, because of differences in life expectancy and marital status. Nearly two-thirds of men aged 60 and over were living in couple only families (62%) compared with less than half of women (46%). Conversely, more

than twice as many women as men aged 60 and over lived alone (34% and 15% respectively). The likelihood of living alone increased as people grew older, particularly for women, usually as a result of the death of a partner. More than half of all women aged 75 and over lived alone (56%). Only a small proportion of older people lived in health establishments, such as nursing homes, hostels or hospitals (7%). However, as people grew older the likelihood of this increased. While less than 5 per cent of those aged up to 74 lived in a health establishment, nearly one-fifth of those aged 80 to 84 and more than half of those aged 90 and over did so (see *Focus on Families: Caring in Families*, 4423.0).

Table 23. Persons aged 60 years and over: living arrangements, 1992

Sex and age	In couple only - % -	Living alone	Other(a)	Total - '000 -
<i>Males</i>				
60-74	62.2	12.7	25.1	919.4
75 and over	59.7	26.5	13.8	229.9
<i>Total males</i>	61.7	15.4	22.9	1,149.3
<i>Females</i>				
60-74	54.4	25.7	19.9	1,004.7
75 and over	23.1	56.4	20.5	345.7
<i>Total females</i>	46.4	33.5	20.0	1,350.4
All persons aged 60 and over	53.4	25.2	21.3	2,499.7

(a) Other living arrangements. Comprises couples or individuals living with other family members, and persons living in group households.

Source: *Time Use Survey*

Lifestyle changes

Transition to older age is often accompanied by significant lifestyle changes, particularly for those retiring from the paid workforce. In 1992, the average time spent in the labour force declined more rapidly for both men and women once they reached the age of 60. Older men spent an average of 8 hours on labour force activities compared with 36 hours for men aged 15 to 59 years. For older women, overall lower labour force participation rates were reflected in their average labour force time of 1 hour per week, compared with 18 hours for those aged 15 to 59 years. Child

care is another activity which takes up less time in later years as women are less likely to be primary carers, although they often provide some informal child care for their grandchildren (see Table 26). Their average time was 1 hour per week compared with 7 hours for women aged 15 to 59 years. Older men provided just under half an hour per week of child care.

Areas of activity which consumed most of older people's time were domestic, personal care and passive leisure activities. In 1992, the average time spent on domestic activities by people aged 60 and over was 20 hours for men and 28 hours for women, compared with 10 and 20 hours respectively for people aged 15 to 59 years. This included time spent on both indoor and outdoor household tasks. Average time spent on personal care activities, which includes sleeping, was greater for older people (79 hours for men and 77 hours for women), than for men and women aged 15 to 59 years (71 and 72 hours respectively). More time on average was spent on health care, eating and drinking by older people, and slightly more time on voluntary, community and active leisure activities.

Table 24. Persons aged 15 years and over: average time spent on main activities, 1992

Main activity	Male		Female	
	15-59	60 and over	15-59	60 and over
- hours per week -				
Labour force	36.2	8.4	18.1	1.3
Domestic	10.1	19.7	20.4	27.5
Child care	*1.9	0.4	6.9	1.0
Purchasing	3.7	5.5	6.4	6.5
Personal care(a)	70.9	78.7	72.2	76.8
Education	*4.7	*0.2	**4.2	*0.2
Voluntary/ community	2.8	3.8	3.0	3.6
Social life/ entertainment	11.1	9.1	12.9	11.5
Active leisure	6.4	7.5	4.9	7.1
Passive leisure	20.1	34.5	19.0	32.3
All activities	168.0	168.0	168.0	168.0
All persons aged 15 and over ('000)	5,386.9	1,149.3	5,308.1	1,350.4

(a) Includes sleep.

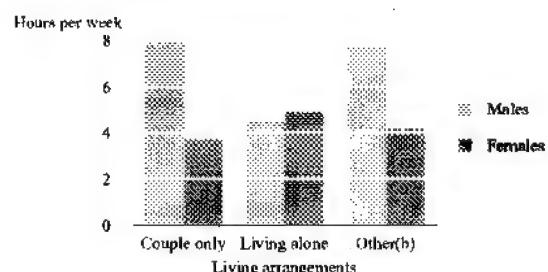
Source: Time Use Survey

Leisure can often be a way of sharing supportive time with others, and this may be particularly important for older people. Time available for passive leisure is high for older people who have low levels of labour force participation. Older men and women spent considerably more time on passive leisure activities (35 and 32 hours respectively) than men and women aged 15 to 59 years (20 and 19 hours). Passive leisure activities, such as watching television, are also likely to be the way some older people fill in extra spare time.

Older people spent more time on personal care and passive leisure, than people aged 15 to 59.

Personal care, passive leisure and domestic activities combined accounted for the majority of time spent by older men and women (79% and 81% respectively). Men spent on average 2 hours more on personal care than women, and 6 hours more on other household tasks, which included home and car maintenance and outside activities such as grounds, pool and pet care. Time spent on gardening and associated activities was similar for older men and women who lived alone (5 hours), but not for men and women who lived with others (8 and 4 hours respectively).

Figure 13. Persons aged 60 years and over: average time spent on gardening(a) by living arrangements, 1992



(a) Includes pool and pet care. (b) Comprises couples or individuals living with other family members, and persons living in group households.

Source: Time Use Survey

Men and women generally do different types of household work, although time spent on domestic activities is also affected by living arrangements.

In 1992, older women averaged 8 hours more on domestic activities (28 hours) than older men (20 hours). However, older men spent twice as much time on domestic activities (20 hours) as all men aged 15 to 59 years (10 hours). Older women spent the majority of time on domestic activities preparing food, and doing the laundry, ironing and other housework (21 hours), while most older men spent more of their time on other household activities (12 hours), such as gardening and home and car maintenance. Older men who lived alone differed from those who lived with others. They spent more time on housework activities (14 hours) than on other household tasks (8 hours).

The average time spent by older people on social life and leisure activities varied according to their living arrangements. Older men and women who lived alone spent more time on social life activities (11 and 14 hours respectively) than those who lived with others (9 and 10 hours respectively). Men who lived alone or with a partner averaged more time on active and passive leisure activities than men in other households. Women who lived alone averaged 6 hours more on social and passive

leisure activities combined, than women who lived with others.

People in couple only families spent more time on active leisure activities than those living with other family or non-family members (3 hours more for men and 1 hour more for women). Men spent most time on sport, exercise and outdoor activities (5 hours) and less time on hobbies, arts and crafts (1 hour). Women's average time was more evenly spread between these activities (2 and 3 hours respectively).

Older people are frequently involved in providing assistance to their families and the community. In 1992, the average time spent on voluntary and community activities was similar for both men and women at around 4 hours per week. Older people, particularly parents, are also more likely to be providers than recipients of many kinds of support to family members. This support can include financial assistance, personal support and child care (see *Focus on Families: Caring in Families*, 4423.0 and *Focus on Families: Income and Housing*, 4424.0).

Table 25. Persons aged 60 years and over: average time spent on main activities by living arrangements, 1992

Main activity	Males				Females			
	In couple only	Living alone	Other(a)	Total	In couple only	Living alone	Other(a)	Total
- hours per week -								
Labour force	7.6	*5.3	12.5	8.4	*1.5	*0.5	*2.0	1.3
Domestic-	19.6	22.4	17.9	19.7	28.8	25.6	27.4	27.5
Housework(b)	5.7	14.2	5.5	6.9	23.1	18.4	21.7	21.2
Other household (c)	13.3	8.1	11.8	12.2	5.5	6.8	5.4	5.9
Child care	0.4	**	*0.7	0.4	0.9	*0.7	1.5	1.0
Purchasing	5.5	5.2	5.9	5.5	7.0	5.9	6.5	6.5
Personal care(d)	78.4	77.8	80.1	78.7	76.5	76.6	77.9	76.8
Education	**0.1	**	**0.5	*0.2	**0.2	**0.1	**	*0.2
Voluntary/community-	3.9	3.5	3.7	3.8	3.6	3.3	4.1	3.6
Religious	0.8	**0.3	*0.9	0.8	1.1	0.6	1.1	0.9
Social life/entertainment	8.8	10.6	8.5	9.1	10.3	13.9	10.2	11.5
Active leisure	8.3	7.7	5.0	7.5	7.4	7.3	6.1	7.1
Passive leisure	35.0	35.2	32.6	34.5	31.4	33.7	32.1	32.3
All activities	168.0	168.0	168.0	168.0	168.0	168.0	168.0	168.0
All persons aged 60 and over ('000)	709.1	177.5	262.7	1,149.3	626.8	452.9	270.7	1,350.4

(a) Other living arrangements. Comprises couples or individuals living with other family members, and persons living in group households. (b) Comprises food preparation and clean up, laundry, ironing, clothes care and other housework. (c) Comprises gardening, pool and pet care, home maintenance and car care, household management and transporting adult household members. (d) Includes sleep.

Source: Time Use Survey

Older people are a major source of informal child care for families, particularly in providing both regular and casual care for grandchildren (see Table 24). In 1992, grandparents comprised more than half of all main informal carers (see *Australia's Families: Selected Findings*, 4418.0). Overall, more than a fifth (22%) of older women and 15 per cent of older men provided child care to children living outside the household. Most of this care was provided for grandchildren and more commonly by those aged 60 to 74 (28% of women and 18% of men). Similar proportions of women and men aged 75 and over also provided care (7% and 6% respectively). Those who lived in couple only families were more likely to provide child care (27% of women and 19% of men) than others. Few older men who lived alone provided informal child care (4%) for family members. Older people who live with family are also likely to provide informal child care to children in the same household.

Table 26. Persons aged 60 years and over: proportion providing informal child care to children outside household by living arrangements, 1992

Sex and age	In couple only	Living alone	Other (a)	Total
- % -				
<i>Males</i>				
60-74	21.8	*4.2	15.8	17.9
75 and over	7.2	*4.7	*6.1	6.4
<i>Total males</i>	<i>18.8</i>	<i>*4.4</i>	<i>14.3</i>	<i>15.4</i>
<i>Females</i>				
60-74	30.4	25.3	25.3	28.0
75 and over	10.3	6.5	*4.4	7.0
<i>Total females</i>	<i>27.2</i>	<i>17.2</i>	<i>19.1</i>	<i>22.0</i>
All persons aged 60 and over	22.6	13.5	16.9	19.0
Number (000)	1,335.1	673.6	538.0	2,546.7

(a) Other living arrangements. Comprises couples or individuals living with other family members, and persons living in group households.

Source: *Family Survey*

In 1992, older people spent over 50 hours a week on social and leisure activities. Passive leisure accounted for almost two-thirds of this time.

dependent children — but also more than young singles or couples without children. In 1992, nearly a third (30%) of their time was spent on social and leisure activities. Passive leisure was a dominant feature and accounted for almost two-thirds of this time.

Table 27. Persons aged 60 years and over: average time spent on passive leisure activities by social context, 1992

Activity	Social context			
	Alone	Spouse only(a)	Other family(a)	
- hours per week -				
<i>Males</i>				
Reading	1.4	3.1	0.9	5.8
Television	3.1	11.7	3.3	19.0
Relaxing/thinking	1.5	3.8	1.1	6.6
Talking(c)	0.2	0.6	0.2	1.2
Other(d)	0.6	1.1	0.2	2.0
<i>Total passive leisure</i>	<i>6.8</i>	<i>20.3</i>	<i>5.6</i>	<i>34.5</i>
All activities	32.8	85.5	28.8	168.0
<i>Females</i>				
Reading	1.9	2.2	0.7	5.0
Television	5.4	7.1	2.4	15.8
Relaxing/thinking	3.1	2.8	1.6	7.8
Talking(c)	0.8	0.8	0.4	2.1
Other(d)	0.8	0.5	0.3	1.7
<i>Total passive leisure</i>	<i>11.9</i>	<i>13.4</i>	<i>5.3</i>	<i>32.4</i>
All activities	53.0	64.0	33.1	168.0

(a) Administrative, service and shop personnel, crowd or undescribed people may also be present. (b) Comprises alone, spouse only, other family, family and friends, friends only and other. (c) Includes phone conversations. (d) Comprises listening to radio, compact disks, etc., enjoying memorabilia, writing/reading own correspondence, associated travel and other.

Source: *Time Use Survey*

Time out for relaxation

Older people are likely to have retired and therefore have more free time than other life stage groups, particularly compared with parents of

In 1992, older men spent an average of 2 hours more than older women on passive leisure activities. Watching television was a major consumer of time for both men and women (19

and 16 hours respectively), followed by relaxing/thinking (7 and 8 hours) and reading (6 and 5 hours). Men spent more of their passive leisure time with their spouse only (20 hours) than alone (7 hours) or with other family members (6 hours). This reflects the fact that most older men still have partners, although they may live with their partner only or with other family as well. Women averaged similar time with spouse only (13 hours) and alone (12 hours) and less time with other family members (5 hours). Part of the reason that older women spent more time alone than older men was that a greater proportion of them lived alone. Older women who lived alone also spent more time on these activities combined than older women who lived with others (see Table 25).

Reading is a source of pleasure for many older people and can provide both information and entertainment. In 1992, men read on average an hour per week more than women, although women spent slightly more time than men on reading books. The extra reading time for men was mainly spent reading newspapers. For those who lived alone, the difference in time spent reading newspapers was more pronounced (4 hours for men and 2 hours for women).

Figure 14. Persons aged 60 years and over: average time spent on reading by living arrangements, 1992



(a) Comprises couples or individuals living with other family members, and persons living in group households.

Source: Time Use Survey

Social interaction

Interaction with others is generally seen as a positive and necessary part of daily life. For most people the post-retirement years bring not only more time for leisure activities but also more time to enjoy being with family and friends. In 1992, people aged 60 years and over who lived only with their partner spent over three-quarters of their time alone with their partner (130 hours). This compared with less than two-thirds of their

time for all partners aged 15 and over without children (107 hours). Older people living with other family or with unrelated people were more likely to spend time with friends rather than other family who lived outside their household. Those who lived alone spent on average 80 per cent of their time alone. Fourteen hours was spent with friends only and 12 hours exclusively with family.

Table 28. Persons aged 60 years and over: average time spent by selected social context by living arrangements, 1992

Social context	In couple	Living		
	only	alone	Other(a)	Total(b)
- hours per week -				
Alone	10.9	134.3	20.0	43.9
Spouse only(b)	129.7	**0.1	22.7	74.2
Family outside household only(b)	2.1	12.4	2.3	4.7
Family and friends(b)	5.9	1.2	7.9	5.1
Friends only(b)	6.2	13.7	11.7	9.3
All persons aged 60 and over				
Number ('000)	1,335.9	630.4	533.4	2,499.7

(a) Other living arrangements. Comprises couples or individuals living with other family members, and persons living in group households.

(b) Administrative, service and shop personnel, crowd or undescribed people may also be present.

Source: Time Use Survey

The amount of time people aged 60 and over spend with others or on their own, and the types of people they spend time with, varies depending on their age, sex and living arrangements. In 1992, almost two-thirds of men and just under half of women aged 60 and over lived in couple only families. Men and women in this group experienced the most similarity in the time they spent with others and alone. They averaged the least amount of time alone (11 hours). Moreover, as these couples grew older their average time spent alone decreased (from 12 hours to 8 hours) and more time was spent exclusively with family.

This contrasts with those living alone or in other households where the average time spent alone increased for both men and women as age increased. For some people, this can be a positive new experience as it provides the time and opportunity not previously available to them to pursue their own interests — they can choose whether they want to spend time with others or alone. For others it may represent a growing sense of isolation from others, particularly if close friends or family members are lost.

The majority of women aged 75 and over in other living arrangements were widows (a small minority were divorcees) living with adult children or other relatives. They averaged an additional 10 hours alone compared with women aged 60 to 74 in this situation. Men aged 75 and over in these living arrangements were also most likely to have been widowed and the increase in their time spent alone was 6 hours. For both men and women time spent exclusively with family decreased by a similar amount (5 hours and 6 hours respectively). For women in these other living arrangements, the greatest decrease was in average time spent with friends only (from 15 hours to 5 hours). The main decrease for men was in time spent with family and friends together (from 11 hours down to 1 hour). For older men the loss of a partner may affect their levels of social interaction.

Support networks

Older men who lived alone spent 85 per cent of their time alone (142 hours per week).

With growing numbers of people living alone, there is increasing concern with the exchanges of personal assistance and support offered by family and community networks. Although not residing with family members, people living alone are usually, but not always, part of larger family networks (Wulff, 1988). Women, however, are often more practised than men in building and maintaining family ties and support networks of friends (Edgar, 1991). They may therefore cope better if there is a need through divorce or widowhood for them to live alone. In 1992, 177,000 men aged 60 and over lived alone. More than twice this number of women lived alone (452,000). Living alone also became increasingly likely as women became older, with more than half (56%) of women aged 75 and over living alone.

While, on average, older men spent less time by themselves than older women, this was not the case among those who lived alone. Men who lived alone spent on average 142 hours per week alone, which was 85 per cent of their time. An additional 7 hours per week was spent in situations where there were only shop or administrative personnel

or crowds present, such as might occur if they attended a sporting event, or went to a movie, or did some shopping by themselves. This compared with 131 hours per week for women who lived alone (plus 6 hours with crowds etc). Unlike women, the amount of time men spent alone increased as they grew older, with those aged 75 and over spending a total of 154 hours per week (91%) alone or with only crowds or service or other personnel present. The majority of the time that men in this group did spend with others was spent with friends — with and without family members present (14 hours) — while they spent five hours per week exclusively with family members. Women aged 75 and over who lived alone spent similar amounts of time with friends but more time with family only (16 hours).

The average time that women who lived alone spent with family or friends remained very stable throughout their later years (31 hours per week).

For most people, their later years provide an opportunity to spend more time with family and friends. However, for some people, physical or other infirmities that may occur as they become older can lead to a reduction in activity and social interaction. Although people who live alone are sometimes seen as being more at risk in these circumstances, most, particularly women, prize very highly the independence that living alone gives them (Russell, 1994). Men who live alone, however, are more likely than women to experience social isolation, and this is particularly apparent as they grow older. In 1992, men aged 75 and over who lived alone spent on average 7 hours per week exclusively with family compared with 4 hours for those aged 60 to 74. The amount of time spent only with friends also decreased. The younger group (60-74) averaged 17 hours per week which was reduced to 7 hours for those aged 75 and over. For these men, there was an overall decrease in average time spent with family or friends as they grew older. This may be partly because they have fewer male friends in their later years because of lower male life expectancy.

Women who live alone are more likely to have close relatives outside the household and to maintain their female friends to a later age. The

average time per week spent by women who lived alone with family or friends (31 hours) remained very stable throughout their later years. For those aged 75 and over women who lived alone averaged more than twice as much time with family or friends (31 hours) as men who lived alone (14 hours).

A sometimes forgotten feature of older age is the inevitable impact of cumulative losses. As people age they will experience the loss of a partner, friends or other family members. Those who live alone, particularly those without close family members, may not have access to the support they need to cope with these losses. Men in this situation may therefore be more vulnerable than women. Implications of this can be seen in the higher suicide rates of men aged 65 and over, particularly those without a partner, for the period 1990 to 1992. Rates for married people (4 per 100,000 for women, 20 per 100,000 for men) were much lower than for those who had never married or were divorced, separated or widowed (10 per 100,000 for women and 53 per 100,000 for men),

suggesting the benefits of mutual companionship and support (unpublished data from *Causes of Death, Australia*, 3303.0).

Families provide a wide range of support to their members, both within and outside the household, and older people are both providers and recipients of this support. Some older people, for example, may need assistance with one or more of their daily activities. For many, this assistance is provided by those they live with, usually other family members. The majority of older people who live with other family, however, are able to manage on their own if the other household members have to go away for a few days. In 1993, a small proportion of those who lived with family members (7%) stated that they would not have been able to manage if everyone in the household went away. Of these, more women than men stated that they would have received help from a family member who lived elsewhere (59% and 46% respectively). Although only a small proportion of older people stated that they would use formal services (8%), this included a greater proportion of

Table 29. Persons aged 60 years and over: average time spent by social context by living arrangements, 1992

Age and social context	Males				Females			
	In couple only	Living alone	Other(a)	Total	In couple only	Living alone	Other(a)	Total
- hours per week -								
60-74								
Alone	12.3	140.9	16.6	29.6	10.7	131.1	19.8	43.5
Family only(b)	136.1	*4.2	121.1	115.6	143.9	16.6	122.2	106.9
Family and friends(b)	6.8	**0.2	11.1	7.0	5.7	*2.1	7.3	5.1
Friends only(b)	8.5	17.1	11.2	10.2	4.9	12.4	15.1	8.9
Other(c)	4.4	5.6	8.1	5.5	2.8	5.8	3.5	3.7
<i>Total 60-74 ('000)</i>	<i>571.8</i>	<i>116.5</i>	<i>231.1</i>	<i>919.4</i>	<i>546.8</i>	<i>258.1</i>	<i>199.8</i>	<i>1,004.7</i>
75 and over								
Alone	6.9	144.9	*22.7	45.7	*8.6	131.2	30.1	82.1
Family only(b)	151.9	*6.7	*116.4	108.5	150.7	14.9	115.8	67.0
Family and friends(b)	3.6	**0.3	**0.7	2.3	*4.5	*1.0	*2.8	2.1
Friends only(b)	*3.7	*7.4	*8.7	5.4	*3.3	15.5	*5.0	10.5
Other(c)	*1.9	*8.7	*19.5	6.1	*0.9	5.5	*14.3	6.2
<i>Total 75 and over ('000)</i>	<i>137.3</i>	<i>67.0</i>	<i>31.6</i>	<i>229.9</i>	<i>80.0</i>	<i>194.8</i>	<i>70.9</i>	<i>345.7</i>
60 and over								
Alone	11.2	142.3	17.3	32.9	10.5	131.2	22.5	53.4
Family only(b)	139.2	5.0	120.5	114.2	144.8	15.9	120.5	96.7
Family and friends(b)	6.2	**0.2	9.8	6.1	5.5	1.6	6.1	4.3
Friends only(b)	7.5	13.8	10.9	9.3	4.7	13.7	12.5	9.3
Other(c)	3.9	6.7	9.5	5.6	2.5	5.6	6.3	4.3
All persons aged 60 and over								
Number ('000)	709.1	177.5	262.7	1,149.3	626.8	452.9	270.7	1,350.4

(a) Other living arrangements. Comprises couples or individuals living with other family members, and persons living in group households.

(b) Administrative, service and shop personnel, crowd or undescribed people may also be present. (c) Only administrative, service and shop personnel, crowd or undescribed people present.

Source: Time Use Survey

men than women (10% and 6% respectively), particularly men who lived with other family (20%). More than a quarter of older people who needed help to care for themselves said that no one would help or they did not know who would help. A greater proportion of people in couple only families were in this category (29%) than in other families (26%), and more men (30%) than women (25%). Further information on provision and receipt of care is available in *Focus on Families: Caring in Families*, 4423.0.

Table 30. Persons aged 60 years and over who were living in a family: whether they could care for themselves if left alone(a) and who would help care by living arrangements, 1993

Whether could care for self and who would help care	In couple only	In other family	Total
- % -			
<i>Males</i>			
Could not care for self, could be cared for by-			
No-one or don't know	30.1	*29.1	29.8
Family member	49.8	*35.9	*45.5
Informal or other	*14.1	*15.1	*14.4
Formal	*6.0	*19.8	10.3
Total who could not care for self	100.0	100.0	100.0
Number ('000)	36.0	16.5	52.5
<i>Could care for self ('000)</i>	<i>718.8</i>	<i>213.5</i>	<i>932.4</i>
All males aged 60 and over who lived in a family ('000)	754.8	230.0	984.9
<i>Females</i>			
Could not care for self, could be cared for by-			
No-one or don't know	*26.5	24.4	25.3
Family member	60.7	58.0	59.0
Informal or other	**4.8	*12.6	*9.5
Formal	*8.0	*5.0	*6.2
Total who could not care for self	100.0	100.0	100.0
Number ('000)	27.8	41.5	69.3
<i>Could care for self ('000)</i>	<i>602.6</i>	<i>228.3</i>	<i>830.9</i>
All females aged 60 and over who lived in a family ('000)	630.4	269.8	900.1
All persons aged 60 and over who lived in a family ('000)	1,385.2	499.8	1,885.0

(a) If all members of the household had to go away for a few days.

Source: *Survey of Disability, Ageing and Carers*

Out and about

In 1993, almost half (44%) of all the social and community activities of older people were taken up visiting relatives or friends.

Whether people live with family members or alone there is a common desire to spend time with others. In 1993, almost half (44%) of all social and community activities of older people were taken up visiting relatives or friends. Sporting activities, both as participants and spectators, were the next most common activities for both the younger group (aged 60 to 74) and those aged 75 and over

Table 31. Persons aged 60 years and over who attended activities: most frequent activity by living arrangements, 1993

Age by most frequent activity	In couple only	Living alone	Other(a)	Total
- % -				
<i>60-74</i>				
Visit relatives/				
friends	43.3	44.3	45.7	44.0
Sports	19.9	14.2	13.4	17.4
Social clubs	10.3	13.3	9.5	10.8
Community/church	9.8	13.0	12.6	11.1
Other(b)	16.7	15.2	18.8	16.8
Total aged 60-74	100.0	100.0	100.0	100.0
Number ('000)	1,084.4	397.9	389.5	1,871.8
<i>75 and over</i>				
Visit relatives/				
friends	42.7	45.8	44.9	44.4
Sports	16.1	8.7	7.3	11.4
Social clubs	13.5	15.8	14.4	14.6
Community/church	13.7	16.5	19.5	15.9
Other(b)	14.1	13.1	13.9	13.7
Total aged 75 and over	100.0	100.0	100.0	100.0
Number ('000)	262.4	267.0	118.3	647.8
All persons aged 60 and over who attended activities ('000)	1,346.8	664.9	507.8	2,519.5

(a) Other living arrangements. Comprises couples or individuals living with other family members, and persons living in group households. (b) Comprises dining out, theatre/concerts, voluntary work, holidays, visiting libraries, museums or art galleries and undescribed activities.

Source: *Survey of Disability, Ageing and Carers*

who lived in couple only families. Older people (aged 75 and over) who lived alone or in other households attended community/church activities and social clubs more frequently than sporting events.

Older people in couple only families were more likely to attend activities with their partners (67%) whereas those who lived alone were more likely to attend activities alone (59%) or with non-family members (24%). However, as they grew older, both groups attended more activities with family members. Those aged 75 and over in other households, however, spent much less time at activities with a partner, and were accompanied more often by one or more of their children. This is likely to be because there were very few people of this age with partners in other family or non-family households.

In 1993, most older people could go out as often as they would like (83%), including three-quarters of those with a disability.

With improvements in health, education and standard of living, the earlier years of older age are usually stimulating and enjoyable, and include active involvement with friends, family and the community. The ability to maintain independence and self-reliance is usually very important for older people, and for many this lifestyle continues to their latest years. As people grow older, though, they are more likely to be affected by a disability of some kind and this may limit some of the activities they previously engaged in, and eventually affect their levels of independence.

In 1993, the majority of people aged 60 and over were able to go out as often as they wanted to (83%). This included three-quarters of those with a disability (74%) and a similar proportion of those aged 75 and over (73%). Both age and disability, though, are linked with higher proportions of older people who say they do not go out as often as they would like. For the younger group (aged 60 to 74), 7 per cent of those without a disability stated that they were not able to go out as often as they wanted, compared with 20 per cent of those with a disability. By age 75 and over, 12 per cent of those without a disability, but almost one-third (30%) of those with a disability, stated that they were not able to go out as much as they wanted. Older people's living arrangements reflected their levels of independence. Lower proportions of those aged 75 and over with a disability who lived alone, stated that they were not able to go out as often as they wanted (28%), or did not go out at all (4%), compared with those in other living arrangements (33% and 11% respectively). This may be because people who lived alone at the younger ages may move in with other family members if they develop mobility or other problems as they grow older.

There are many factors which influence whether people can go out as often as they would like. For some people as they become older their level of disability increases and they feel less able to move about as independently as they had in the past. In 1993, almost half of older people who did not go

Table 32. Persons aged 60 years and over who attended activities: person they attended activities with by living arrangements, 1993

With whom attends activities	In couple only	Living alone	Other(a)	Total
- % -				
60-74				
Alone	19.2	63.2	26.3	30.0
Partner	66.3	**0.6	28.8	44.4
Child	1.0	4.6	7.6	3.1
Other family	4.2	8.6	24.2	9.3
Non-family	9.2	23.7	13.1	13.1
Total aged 60-74	100.0	100.0	100.0	100.0
Number ('000)	1,084.4	397.9	389.5	1,871.8
75 and over				
Alone	15.3	52.3	25.7	32.4
Partner	67.3	**0.6	9.0	29.2
Child	*1.1	11.7	24.6	9.8
Other family	7.1	11.9	23.2	12.0
Non-family	9.2	23.5	17.4	16.6
Total aged 75 and over	100.0	100.0	100.0	100.0
Number ('000)	262.4	267.0	118.3	647.8
All persons aged 60 and over who attended activities ('000)	1,346.8	664.9	507.8	2,519.5

(a) Other living arrangements. Comprises couples or individuals living with other family members, and persons living in group households.

Source: Survey of Disability, Ageing and Carers

Table 33. Persons aged 60 years and over: disability status by whether went out as often as would like, 1993

Age by disability status and whether went out as often as liked	In couple only	Living alone	Other(a)	Total
- % -				
<i>With disability aged 60 and over</i>				
Whether went out as often as would like				
Yes	81.5	78.8	74.9	79.6
No	17.8	20.3	23.8	19.6
Did not go out	*0.7	**0.9	*1.3	*0.9
Total with disability aged 60-74	100.0	100.0	100.0	100.0
Total ('000)	479.6	198.7	157.0	835.3
<i>With disability aged 75 and over</i>				
Whether went out as often as would like				
Yes	63.9	67.8	56.5	64.0
No	31.3	28.2	33.0	30.4
Did not go out	4.7	**4.0	10.5	5.6
Total with disability aged 75 and over	100.0	100.0	100.0	100.0
Total ('000)	172.8	173.0	88.1	433.9
<i>Without disability aged 60-74</i>				
Whether went out as often as would like				
Yes	95.0	92.8	89.0	93.2
No	5.0	7.2	10.5	6.7
Did not go out	**	**	**0.5	**0.1
Total without disability aged 60-74	100.0	100.0	100.0	100.0
Total ('000)	622.7	213.1	247.1	1,082.9
<i>Without disability aged 75 and over</i>				
Whether went out as often as would like				
Yes	86.7	89.8	82.9	87.3
No	12.8	9.4	*16.1	11.9
Did not go out	**0.5	**0.8	**1.0	*0.7
Total without disability aged 75 and over	100.0	100.0	100.0	100.0
Total ('000)	110.1	111.3	45.5	266.8
All persons aged 60 and over ('000)	1,385.2	696.1	537.7	2,619.0

(a) Other living arrangements. Comprises couples or individuals living with other family members, and persons living in group households.

Source: Survey of Disability, Ageing and Carers

out as much as they would like, stated that it was because of their own illness or condition (43%). Other people's conditions may also have an effect on older people's ability to go out. Around 17 per cent of those who lived with others and did not go out as much as they wanted, said that the main reason for this was the other person's illness or condition.

Older people who lived alone were not restricted in going out by other people's conditions. However, compared with those who lived with others, a greater proportion of those who lived alone and did not go out as much as they wanted, said that the main reason was because they were frightened or had no one to go with (14%). Nine per cent of all older people who did not go out as often as they would like said it was because transport was not available at all or when they needed it, or because they had difficulties using it.

Table 34. Persons aged 60 years and over who did not go out as often as would like: main reason by living arrangements, 1993

Main reason did not go out as often as liked	In couple only	Living alone	Other(a)	Total
- % -				
Own illness or condition	42.9	45.4	40.6	43.1
Other's illness or condition	16.9	**1.2	16.0	12.2
Cost/can't afford	14.0	7.2	*7.3	10.4
Not enough time	5.2	*2.6	*5.0	4.4
Transport problems	5.8	12.9	10.8	9.1
Frightened or no one to go with	*4.1	13.9	*5.9	7.4
Too old	*4.2	8.2	*4.9	5.5
Other(b)	6.9	8.5	9.5	8.0
All reasons	100.0	100.0	100.0	100.0
All persons aged 60 and over who did not go out as often as would like ('000)	184.9	115.0	99.8	399.7

(a) Other living arrangements. Comprises couples or individuals living with other family members, and persons living in group households. (b) Unspecified reason.

Source: Survey of Disability, Ageing and Carers

In 1993, 11 per cent of men and 37 per cent of women aged 60 and over needed assistance with transport. This included assistance with public transport, with transport to do their shopping or as the main means of going places. The differences between older men and women in their need for transport assistance partly reflects the higher proportions of women in the upper age group. They could also be related to the different practices and perceptions about driving for this generation, with men often being the primary driver. Slightly smaller proportions of older men who lived in couple only families or alone needed help with transport (both 10%) than those who lived in other households (13%). More older women who lived in other households also needed help with transport (48%) than women who lived with a partner only or who lived alone (36% and 33% respectively). This may reflect the fact that some older people who live with others, rather than with their partner only or alone, do so because they are no longer as independent as they used to be.

In 1993, more than 3 times the proportion of older women (37%) as older men (11%) needed help with transport.

The majority of help was provided by family members, particularly those who lived in the same household. Older people who lived alone received more help from friends, neighbours and formal sources than those who lived with others. Older women who lived just with their partner received more informal help (98%) than men in this situation (92%). In general, a greater proportion of older men used formal services (10%), particularly those living alone (17%), than women (7%), and more men than women did not receive any help at all (7% and 4% respectively).

Table 35. Persons aged 60 years and over: whether needed assistance with transport and main provider of assistance by living arrangements, 1993

Main provider of assistance	In couple only	Living alone	Other(a)	Total
- % -				
<i>Males</i>				
Informal help from-				
Partner	50.0	**	*15.7	33.3
Other relative	38.3	51.4	73.3	49.9
Friend/neighbour	*3.2	*31.1	**3.2	7.2
<i>Total informal help</i>	91.5	82.4	92.2	90.4
Formal help	*8.5	*17.6	*7.8	9.6
<i>Total who received assistance</i>	100.0	100.0	100.0	100.0
<i>Number ('000)</i>	67.7	16.9	32.4	116.9
<i>Did not receive assistance ('000)</i>	*7.0	**1.6	**0.8	9.3
<i>Total who needed assistance ('000)</i>	74.6	18.4	33.1	126.2
<i>All males aged 60 and over ('000)</i>	754.8	191.5	249.6	1,196.0
<i>Females</i>				
Informal help from-				
Partner	82.4	**0.2	12.9	39.2
Other relative	13.6	63.4	71.1	43.9
Friend/neighbour	*2.0	22.3	10.5	10.3
<i>Total informal help</i>	97.9	85.9	94.5	93.4
Formal help	*2.1	14.1	*5.5	6.6
<i>Total who received assistance</i>	100.0	100.0	100.0	100.0
<i>Number ('000)</i>	222.2	154.5	136.2	512.9
<i>Did not receive assistance ('000)</i>	**7.9	7.3.9	*3.2	19.0
<i>Total who needed assistance ('000)</i>	224.1	168.4	139.4	531.9
<i>All females aged 60 and over ('000)</i>	630.4	504.6	288.1	1,423.0

(a) Other living arrangements. Comprises couples or individuals living with other family members, and persons living in group households.

Source: Survey of Disability, Ageing and Care.

GLOSSARY

FAMILY/HOUSEHOLD STRUCTURE

In this section, the term 'family' refers only to the household family.

A child is a family member living with at least one parent (natural or step) in the same household and who does not have a child (natural or step) or spouse of their own usually resident in the household.

A couple is two usual residents, both aged 15 years and over, who are either registered married to each other or living in a de facto relationship with each other. Prior to 1994, the ABS did not classify a homosexual couple as a couple in its collections. All surveys in this publication were collected prior to 1994. Homosexual couples appear as 'unrelated individuals' in a family or group household.

A couple family, no children may contain unrelated individuals and related individuals other than children of either partner.

A couple only household contains no other related or unrelated individuals.

A de facto relationship is where a man and woman live together as husband and wife but are not registered as married to each other.

A dependent child is a usual resident child aged under 15 years, or aged 15 to 24 years and studying full-time. This classification is different for the Household Expenditure Survey (HES), which classifies a dependent child as a child aged under 15 years, or aged 15 to 20 years and studying full-time.

A family is two or more persons living in the same household who are related to each other by blood, marriage, de facto partnering, fostering or adoption.

A family household is a household that contains a family, regardless of whether other persons reside in the household.

A group household is a household containing two or more unrelated individuals, and no related individuals.

A household is a lone person or a group of people who usually reside together. Communal institutions (eg, boarding schools, mental institutions) are excluded. In the Survey of Disability, Ageing and Carers, however, institutions other than health establishments were included as households. A household may consist of:

- one person;
- one family;
- one family and unrelated individuals;
- related families with or without unrelated individual(s);
- unrelated families with or without unrelated individual(s);
- unrelated individuals.

A lone parent is a usual resident aged 15 years and over who does not have a usually resident spouse (registered marriage or de facto) but has at least one usually resident child (natural, step or otherwise related) who does not have a usually resident spouse (registered marriage or de facto) or child of their own.

A lone person household is a household containing one person only.

A non-dependent child is a usual resident child aged 25 years and over, or aged 15 to 24 years and not studying full-time. This classification is different for the Household Expenditure Survey (HES), which classifies a non-dependent child as a child aged 21 years and over, or aged 15 to 20 years and not studying full-time.

Older people are those aged 60 years and over, unless otherwise specified.

A one parent family comprises a lone parent and that parent's child(ren) plus all other persons in the household related to them, provided those persons do not have a spouse or child of their own.

Other related individual is a related individual who is not the spouse, child, parent or ancestor of any usual resident eg, aunts, uncles.

A parent is a usual resident aged 15 years and over who has at least one usually resident child (natural, step or otherwise related) and that child does not have a spouse or child of their own.

A partner is a spouse in a de facto relationship or registered marriage between people of the opposite sex usually resident in the same household. Prior to 1994, the ABS did not classify homosexuals as partners in its collections. All surveys in this publication were collected prior to 1994. Homosexual partners appear as 'unrelated individuals' in a family or group household.

Registered marriage is a formally registered marriage for which the partners hold a marriage certificate.

A related individual is a usual resident who is related to at least one other usual resident by blood, marriage (including de facto), adoption or fostering. They must not have a spouse usually resident in the household. They must not have a child usually resident in the household who does not have a usually resident spouse or child.

Single people are those who are unpartnered and do not have children living with them. They may live alone or with others.

A sole parent, in the Household Expenditure Survey, is a usual resident aged 15 years and over who does not have a usually resident spouse (registered marriage or de facto) but has at least one usually resident dependent child.

Spouse is a non-sex-specific term which means registered marriage or de facto partner.

Young people are those aged 15 to 24 years.

Young single people are those aged 15 to 24 years who are unpartnered and do not have children living with them. They may live alone, or with others.

TIME USE

All activities comprise labour force, domestic, child care, purchasing, personal care, education, voluntary and community, social and entertainment, active leisure, passive leisure and undescribed activities.

Active leisure covers sport, exercise and outdoor activities; parlour games and cards; hobbies, arts and crafts; holiday travel and driving for pleasure; and associated communication and travel.

Activity type. In the Time Use Survey, respondents were asked to complete a 48-hour diary describing what they did by time of day. A reported activity was coded to a different activity type depending on whether it was described in the first diary column 'What was your main activity?' (termed *main activity*) or in the second diary column 'What else were you doing at the same time?' (termed *background* or *secondary activity*). Up to three activities were stored for any episode. Taken together, these are described as *simultaneous activities*.

Average time spent in any activity refers to the time spent in a day by members of a population who took part in the activity, distributed over the whole population. It is therefore a combination of time spent and number of people participating. For this publication average time has been converted into hours per week.

Background (secondary) activity (see *Activity type*).

Child care activities comprise physical care; care for children who are sick or have a disability; teaching, helping and reprimanding children; playing with, reading to and talking to children; passive minding; and associated

communication, travel and transport of children. These activities relate to the care of children, parents' and others' children, aged 0 to 14 years. Paid babysitting or child care is coded as a *labour force activity*.

Committed time refers to time spent on domestic activities, child care activities, purchasing activities, helping/caring for adults who are frail, sick or have a disability, unpaid services for children and/or providing transport for others.

Contracted time refers to time spent on education and/or labour force activities.

Domestic activities consists of both *housework* - which comprises food preparation, service and clean-up, washing, ironing, and clothes care; clothes making and other kinds of mostly indoor cleaning and tidying activities -- and *household, other* — which comprises domestic management, home and car maintenance and improvement, pet care and care of grounds.

Education activities comprise attendance at educational/vocational and other courses; homework, study and research; breaks at educational institutions; job-related training and associated activities such as communication and travel.

An *episode* consists of a start and finish time, up to 3 simultaneous activities, location, mode of transport if travelling, and who else is present. Any change in any of the 3 activities, location or other people present, would begin a new episode.

Free time refers to time spent on voluntary work activities, social life and entertainment, active leisure and/or passive leisure.

Games, cards refers to card, paper, board and quiz games; computer games or playing with computers; and gambling, including filling in lottery tickets and spending time at betting shops.

Hobbies, arts, crafts includes technical and collecting hobbies, arts, performing arts, and crafts.

Household work refers to the three major activity groups, *Domestic activities*, *Child care* and *Purchasing*.

Household, other (see *Domestic activities*).

Housework (see *Domestic activities*).

Labour force activities in the Time Use Survey include activities carried out in paid employment, or unpaid work in a family business; job search activities; and related activities such as travel to work or job search, and time spent in the workplace during work breaks. The criteria for unpaid work in a family business and for job search are not as rigorous as the ABS Labour Force standard definitions for these variables (see *A Guide to Labour Statistics* (6102.0)). Looking at job advertisements in a newspaper, for instance, would be coded here as job search. Apart from those respondents who described themselves as unpaid workers in a family business, there were people who, from their schedules, were not in the labour force, but who described in their diaries hours of clerical work; if their spouses, usually husbands, were self-employed, this activity was coded as unpaid work in a family business.

Location refers to where the person is when an activity is taking place — at home, for instance, or at work, or travelling.

Main activity (see *Activity type*)

Nature of time use refers to whether times spent on particular activities constitutes *necessary*, *contracted*, *committed* or *free time*.

Necessary time refers to time spent sleeping, eating and/or on other forms of personal care.

Passive leisure includes reading, watching television, listening to the radio, conversation and resting.

Personal care includes sleeping, getting up, getting ready, personal hygiene and grooming, personal health care, eating and drinking, and sexual activities.

Personal health care includes taking medication, applying dressings or ointments, therapeutic exercises, rehabilitative rest or just enduring being sick.

Religious activities include personal activities, such as praying, reading religious literature and meditating; family religious activities; prayer, study and meditation groups; and congregational activities. Administrative and support activities for religious groups are also included, as well as weddings and funerals whether they are religious or not.

Sleep episodes were recorded for each day from midnight to midnight. Therefore most people would have two episodes of sleep each day — one in the morning and one in the evening. For the purpose of this publication, all persons with two episodes of sleep have been presented as having one episode. However, a small proportion would have had two separate episodes of sleep in one day.

Social context refers to the other people present with a person during an activity episode. This is taken to mean activities in the same house or yard when the activity occurs at home, and together with the person engaging in the activity when the activity occurs away from home. The family and other relationships of other people present are recorded for each activity episode, as well as whether they live in the same household as the respondent, and also a broad age group and an indicator of sickness and disability of the other people present. Categories include: alone; with family only; with family and friends; with friends only; and other (administrative, service and shop personnel, a crowd or undescribed people only). All categories except the first may include the presence of those in the 'other' category. Work colleagues and neighbours are classified as friends.

Social life and entertainment covers socialising, attendance at sports events, cultural venues, zoos and mass activities, and related travel.

Socialising refers to visiting others or being visited, meeting people and spending time with them, going to restaurants, clubs or hotels and similar activities. The type of socialising can often be determined by the location and social context.

Sport, exercise and outdoor activities refers to taking part in formal sport, informal sport or play; walking; exercise other than walking; a general 'outdoor activities' code which covers activities such as bushwalking, fishing and boating; as well as less active outdoor pastimes.

Sports events refer to attending sports events as a spectator.

Voluntary work and community participation covers helping/caring for adults, unpaid services for children, and other community services, mostly of a service delivery nature; religious activities; civic responsibilities; taking part in clubs and societies, advocacy or protest; and associated activities such as communication and travel.

CHILD CARE

Child care, as distinct from *child care activities* (see *Time Use*) covers formal and informal child care for children aged 11 years and under.

Formal child care refers to regulated care away from the child's home and includes:

- before and after school care;
- pre-school and kindergarten centres;
- long day care centres;
- family day care;
- occasional care centres;
- adjunct care centres.

Informal child care is non-regulated care either in the child's home or elsewhere. Care could be free or charged for by the carer and includes:

- usually resident family members and relatives [other than (step) mothers and (step) fathers];
- non-usually resident relatives;
- neighbours and friends;
- privately employed persons;
- any other person.

In the Time Use Survey, care by parents is also included in the above list.

Long-term child care, in the Time Use Survey, refers to regular child care for periods of more than four hours per day. In this publication, long-term care also refers to a combination of long-term and short-term care.

Regular child care, in the Time Use Survey, refers to child care refers to care undertaken on a weekly basis.

Short-term child care, in the Time Use Survey, refers to regular child care for periods of between two and four hours per day.

DISABILITY/HEALTH

The *International Classification of Impairments, Disabilities and Handicaps* definition for disability is as follows:

In the context of health experience, a disability is any restriction or lack (resulting from an impairment) of ability to perform an activity in the manner or within the range considered normal for a human being.

For the purposes of the 1993 Survey of Disability, Ageing and Carers:

Disability is defined as the presence of one or more limitations, restrictions or impairments which had lasted, or were likely to last, for a period of six months or more.

EDUCATION

A full-time student is a student classified by an educational institution as being full-time.

Participation rate is, for any group, the number of people who are studying expressed as a percentage of all persons in that group.

A part-time student is a student classified by an educational institution as being part-time.

EMPLOYMENT

Employed persons are those aged 15 years and over and currently work for pay, profit, commission or payment in kind in a job or business, or on a farm (comprising employees, employers and self-employed persons), or work without pay in a family business or on a farm (i.e. unpaid family helpers).

Full-time employed persons are those who usually work 35 hours or more per week in all jobs.

Labour force comprises, for any group, persons aged 15 years and over who are employed or unemployed.

Labour force status classifies persons as employed, unemployed or not in the labour force.

Not in the labour force describes those individuals who are not employed in any job, business or farm, and have not looked for work during the last four weeks, and those permanently unable to work.

Not employed describes those individuals who are either *unemployed* or *not in the labour force*.

Part-time employed persons are those employed persons who usually work less than 35 hours per week in all jobs.

Unemployed persons are not currently employed in any job, business or farm and have looked for work during the last four weeks. This definition differs from the Labour Force definition differs from the standard Labour Force classification in 3 ways: the reference period for employment is 'current' rather than 'last week'; there is no attempt to determine how active the job search was; and availability for work in a specified period is not required.

Work, if unqualified, refers to paid employment.

INCOME

Average weekly household expenditure is obtained by dividing the total estimated expenditure for a particular expenditure group by the estimated number of households within that group.

Expenditure is the transaction cost of commodities and services *acquired* during the reference period, whether or not they were paid for or consumed. For example, goods purchased by credit card are counted as expenditure at the time they were acquired rather than when the credit card bill was paid. Expenditure is net of refunds or expected refunds. For example, payments for health services are net of any refunds received or expected to be received.

Income quintiles rank total weekly household incomes for any group of households, in ascending order and divides them into five equal groups. The lowest income quintile is formed by the 20 per cent of households with the lowest weekly family incomes, the second quintile by the next 20 per cent of incomes and so on, through to the highest income quintile which contains the highest 20 per cent of household incomes. The values which correspond to income quintiles in this publication (from the Household Expenditure Survey) are listed below.

Income quintiles(a)	Couple family, no children	Couple family, dependent children only	One parent family, dependent children only
Upper boundary of quintiles (\$)			
Lowest	280	474	252
2nd	398	673	303
3rd	704	881	392
4th	1,092	1,172	565
Highest

(a) Preliminary figures.

Income refers to regular income from all sources, including wages and salaries, business, government pension or benefit, investments and other sources. Gross weekly income is collected and, at the household level, refers to the income of all household members. Although most information about income was obtained on a current basis, some was obtained for the previous financial year.

APPENDIX

References

ABS publications

Australian Social Trends, 1994 (4102.0)
Australia's Families: Selected Findings from the Survey of Families in Australia, 1992 (4418.0)
Causes of Death, Australia (3303.0)
Focus on Families: Demographics and Family Formation (4420.0)
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Symbols used

- * relative standard error greater than 25 and up to 50 per cent.
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- .. not applicable.

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